The Reinvention Issue

LEAN FEAST

28 Days To Change The Way You Train Forever

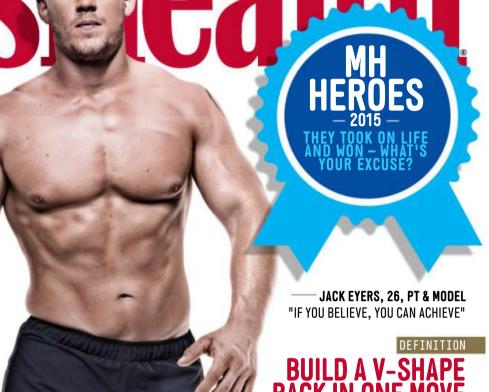
WAYS TO HOTWIRE YOUR METABOLISM

TURN FLAB INTO MUSCLE FUEL

FITNESS HIPSTER

Without Looking Like A Tool





15 SMART PILLS ONLY A FOOL WOULD IGNORE

HEALTH

INTELLIGENCE

REWIND HOLIDAY EXCESS WITHOUT BREAKING SWEAT

GETA RUGBY BODY!

MH Hits The Training Pitch With England's World Cup Stars p56







CHANEL



TOMMY HILFIGER



unforgettable









MAN OF TODAY

GERARD BUTLER FOR BOSS BOTTLED



BOSS

#MANOFTODAY

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AN ICON JUST GOT LARGER



WEIGHTLOSS

P28 THE ACE CARDIO TREND

A new take on tennis that burns off far more than a serving of strawberries and cream

P50 SMARTER FAT LOSS

This multi-purpose supp trims your waist and sharpens your memory. Worth a pop

P53 PSYCHE OUT THE SUPERMARKET

Wise up to marketing mind games and finish your next shop with more £s and fewer lbs



MUSCLE

P41 FACE DEATH BY BURPEE

An unforgiving physical test from the world's most elite gym. Consider yourself forewarned

P67 STROKES OF GENIUS

MH trials Equinox's new Ropes & Rowers class to see if it can pull out your potential

P84 HAND-TO-HAND COMBAT

Competitive arm-wrestling is the next big thing. \emph{MH} got to grips with it in Vegas



LIFE HACKS

P23 IS WORK MAKING YOU ILL?

Recognise when stress is a serious health risk and cool it long before you burn out

P51 OUTSIDE ADVANTAGE

Why improving your productivity and focus is as easy as a walk in the park

P178 DIAL UP HER DESIRE

If relations are icy at home, use this tip to turn up the heat. Don't sweat it



STYLE

P156 SUIT YOURSELF

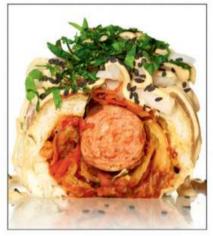
Guarantee a smart purchase, whatever your budget, with our two-piece cheat sheet

P165 SYNCH UP YOUR OUTFIT

A tidy piece of tailoring deserves a suitable timepiece. Here are four sharp pairings

P166 HOW TO MAKE THE CUT

The quality of your suit is in the fit. Our tips will make off-the-peg look nigh-on bespoke



NUTRITION

P32 ENJOY CURRY'S FAVOURS

Give your takeaway a health makeover with our guide to a gold-standard ruby

P150 OLD DOG, NEW TRICKS

Upgrade your cheat-day treat with kimchi and Sriracha to get more banger for your buck

P170 TEST YOUR SUPERFOODIE STATUS

Reckon you know your rambutan from your edamame? Our quiz will reveal all



HEALTH

P36 TOAST YOUR INJURY RISK

Science shows a glass of red soothes joint pains. So stop whinging and start wineing

P79 SAVE YOUR BREATH

Lung cancer is the most deadly of all, and it affects more than smokers. Stub it out

P83 IS YOUR SUNCREAM SAFE?

Not every bottle can handle the heat. Use our ticklist to pick the cream of the crop









EDITOR'S LETTER

BUILD YOURSELF ANEW WITH OUR REINVENTION ISSUE



Take away nutritional negatives from your Friday night staple meal



Five inspirational men share the stories of how they overcame trauma to find recovery through fitness. Get ready to reconsider your excuses



Stay on trend and in shape with our hipster's guide to what's hot (cold brews) and what's not (lecturing people on any of the above)







As Sir Wiggo smashes the hour record. MH asks: could our pursuit of man's physical limits be racing toward its finish line?



Clean eating's all well and good for you, but sometimes a man wants to get dirty with his diet. These healthy recipes taste like they're straight off a back-lit menu



Pro arm-wrestling is big business. Meet the guys who pull for a living



one of us is born perfect. Hell, some of us are still chipping away at the finished article well into adulthood. But you don't need Richard Dawkins to tell you that the key to the survival of any species is adaptation; changing up. growing stronger, making the most of what you've got and making up for what you haven't. It's something we can all relate to. Men feel more empowered than ever to try and emulate the person they want to be. Do today's 35-year-olds decide they're too old to be weekend triathletes? Not the ones we know.

Reinvention is an essential part of the Men's Health DNA and this issue is dedicated to it. Our cover star does not have a Hollywood blockbuster about to hit the multiplex; he is a PT from Dorset with three functioning limbs. Drawn from our selection of MH Heroes, Jack is one of many ordinary guys who've taken the worst life can throw at them, then beaten it with fitness. Inspired? True courage, with no CGI filter, begins on p106.

Pushing the limits in a different direction are the elite athletes hell-bent on becoming world-record holders. As margins become tighter, the limits of possibility become stretched. Use their secrets to unleash your own potential on p116. And finally, for those who should know better, we recruited one of our best chefs to reboot the UK's favourite fast food meals to pay health dividends. For filthy redemption, head to p98.

Meanwhile, for a little reinvention of vour own. MH's Survival of the Fittest adventure race, powered by Renault Kadjar, is turning couch potatoes into weekend warriors. Kicking off in Cardiff on the 27th, you'll be able to take part throughout autumn all over the UK. Go to mhsurvival.co.uk to test your limits.

TOBY WISEMAN BSME EDITOR OF THE YEAR



THE EXPERT PANEL

TREAT YOUR BODY AND MIND TO AN OVERDUE UPGRADE THIS MONTH WITH OUR MASTERS OF SELF-RENEWAL



BUTT OUT SHONA VERTUE

Neglecting your glutes is a bum deal. The gymnastturned-PT shows you how to get off squat-free with a quickfire circuit p46



BRING BACK MACS MARK SARGEANT

Renowned chef Sargeant has turned your guiltiest food vices into recipes of which any nutritionist would be proud p98



HEAL THE BURN

DR LAURENCE LOVAT

If you're feeling the burn in entirely the wrong way, use Dr Lovat's tips to put a stop to acid reflux. In the end it's just gut sense p71



KEEP ON CHEATING

DAX MOY

An immaculate diet can have dirty side effects. Leading fitness coach Moy explains why easing up takes fat gain down p35



CURRY FAVOURS

ARUN KAPIL

Takeaway calories and fire up the health benefits when prepping your next ruby, with Green Saffron spice specialist Kapil **p32**



TAKE IT OUTSIDE

MIKE FITCH

Calisthenics is the hipster workout du jour. PT and bodyweight workout pro Fitch has your initiation process sorted p92

THIS ISSUE IS BROUGHT TO YOU BY...

7 PERSONAL TRAINERS

6 TREND-SETTERS

6 PRO ARM-WRESTLERS

5 TOP-TIER CHEFS

4 ELITE BODY COACHES

3 COFFEE SPECIALISTS

2 REGISTERED DIETITIANS

2 SPORTS SCIENTISTS

2 GENERAL PRACTITIONERS

2 PHYSIOTHERAPISTS

1 PHARMACOLOGIST

1 CURRY SPICEMASTER

1 TIME-TRIAL CHAMPION

AND 5 MEN'S HEALTH HEROES

TOTAL

EXPERTS

Men'sHealth

TOBY WISEMAN

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ASK MH

OUR TEAM OF EXPERTS TACKLE YOUR BURNING ISSUES



I'VE RECENTLY LOST ALL DRIVE AT WORK. IS THIS WHAT THEY CALL BURNOUT?

GREG, MORECAMBE

THE BIG

QUESTION

Like the phrase 'nervous breakdown', 'burnout' is not always recognised by medics and, as such, it's often overlooked. But while the symptoms – ennui, dolour, cynicism, fatigue – won't damage you physically, their side effects can. Drink or smoke more and relax less, and you're at greater risk of a heart attack or stroke.

Burnout will affect your earning potential, too: scientists from the University of Cologne found that despondency in the workplace has a negative effect on your income. But a professional Factory Reset is within reach. While no time invested in your mental wellbeing is ever a waste, it's essential that you get to the root of the issues behind your burnout. A study by the University of Zaragoza listed different types of the problem: 'frenetic burnout' was identified as exhaustion from work overload, whereas 'worn-out burnout' comes from demotivation after excess stress.

Once you've pinpointed the reason, speak to your manager if you can't adjust your way of working by yourself. A change in the quantity or quality of your workload could transform your office outlook for the better.



OFFICE OVERLOAD? DON'T PLAY BUCKAROO WITH YOUR HEART

When does stress turn into cardiac risk?
Find out in three steps

01\ TAKE YOUR BLOOD PRESSURE

Optimum BP is 120/80 but if you're stressed out at work it will be higher. Test yourself at home with a monitor (£30 boots.com). Don't panic if the first reading is high – take it three times and go with the third reading.

02\ CHECK CHOLESTEROL

Your levels will determine how well equipped your blood vessels are to deal with an elevated BP. No need to book a blood test; most pharmacies offer them on the spot these days. A simple pinprick will give you the answer you need in seconds.

03\ CLICK TO CALCULATE

Log on to jbs3risk.com, fill in your BP, cholesterol, age, weight and smoker status, and you'll get an indication of your risk of heart attack. A low score and you'll know it's just your boss causing the problems. Higher? Time to book in with your GP.



ASK MH

SKIN NEED A PICK-ME-UP? WE KNOW WHAT TO TAKE AWAY



STEWART, DUNDEE

Oh ye of so-little faith. It is absolutely genuine: in fact, caffeine has been a mainstay of women's moisturisers and eye creams for years. Java's jolt has anti-inflammatory properties and acts as a vasoconstrictor to help tighten blood vessels, leading to smoother, younger skin and a clearer complexion. Admittedly, you will have to lather up daily for

BENEFIT OR ADVERTISING GIMMICK?

up to six weeks before you'll see any discernible improvement, say researchers at SUNY Downstate Medical Center, but improvement you will see. Make sure you wash with warm water to allow the caffeine to better penetrate your pores. But don't fall for the bunkum that it'll help prevent skin cancer – only an SPF can do that.

WHAT'S THE BEST WAY TO UNDO A WEEK OF COSTA DEL DAMAGE AND REGAIN MY FITNESS LEVELS?

MARTIN, CHELMSFORD

Don't be so hard on yourself for starters. If you were going all-out in the gym before, time out was probably a blessing in disguise for your muscles. Constant exercise can over-work connective tissue and tendons, found a study in the European Journal of Applied Physiology - and, ironically, this slows muscle growth. So if you're worried that trading lunges for lounging by the pool has set you back, go easy. In fact, make a habit of it: "Tendons and ligaments have poor blood flow compared to muscles," says PT Danny Fisher. "So swapping the gym for a week of rest lets them catch up and repair." Try resting for a week after every two months of training to boost your gains.

RARELY DOES A SUNDAY GAME GO BY WITHOUT ME GETTING SECOND-HALF CRAMP. WHAT'S THE QUICKEST WAY TO RELIEVE IT?

NICK, EASTBOURNE

As sporting levellers go, cramp can reduce even the heftiest of centre-backs to a whimper. Look not to the magic sponge, however, but your larder. A shot of gherkin juice contains enough acetic acid to relieve cramps within a minute, according to research at Brigham Young University. Thankfully, you needn't take your poison straight – a glug added to your water bottle should suffice. But if even that sounds too much to bear, take prevention over remedy: a pre-match sachet of Diarolyte will help replenish your electrolyte levels, especially if last night's 'team briefing' took a wrong turn.

AMI NORMAL?

TWO BEERS IS ENOUGH TO GIVE ME A HANGOVER THESE DAYS. IS IT JUST AGE?

ANDREW, ST HELENS

Of course, it is a truism that boozing borrows joy from tomorrow. But as you mature, the loan sharks in your liver start charging more misery in return, as the enzymes that break down alcohol in the body diminish with age. The stuffy answer is to go easy, but MH has rarely refused one for the road. Instead, if you've gone beyond your quota, add a scoop of protein powder to some chocolate milk before bed. The milk and whey are stocked with the amino acid cysteine to help flush your body of hangover-inducing toxins. Think of it as the sports nutritionist's nightcap.

MAKE A SPIRITED RECOVERY

Add these everyday ingredients to your protein shake to fend off the three worst symptoms of any morning after



HEADACHE? YOU SHOULD COCO

Mix your shake with potassiumrich coconut water to tackle the dehydration that's making your head pound



SPICE TO SPURN THE CHURN

Grate fresh ginger
into the shaker
and its powerful
e nausea-fighting
on properties will
help settle an
und upset stomach.



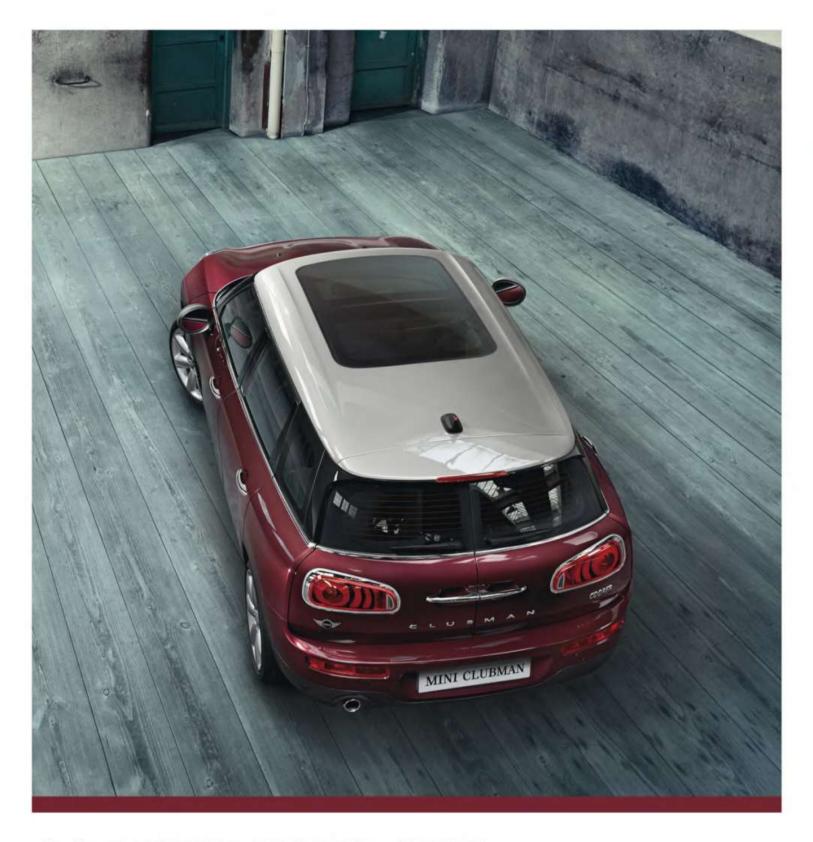
SWEETEN YOUR MORNING

A night on the tiles saps energy, but a tablespoon of honey in your recovery drink will make an early start palatable.

24 MEN'S HEALTH MENSHEALTH.CO.UK

Russell Bromley





GO WITH YOUR GUT.

THE NEW MINI CLUBMAN - ARRIVES OCTOBER.

Register for exclusive previews at newminiclubman.co.uk



Official Fuel Economy Figures for the new MINI Clubman Range: Urban 35.8-60.1 mpg (8-4.7 l/100km). Extra Urban 52.3-76.3 mpg (5.4-3.7 l/100km). Combined 44.8-68.9 mpg (6.3-4.1 l/100km). $\rm CO_2$ Emissions 147-109 g/km. Figures may vary depending on driving style and conditions.









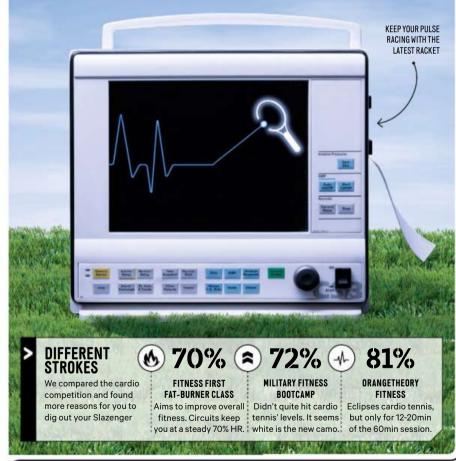


SERVE UP AN ADVANTAGE

Quit pounding the pavement and grab some balls instead. Cardio tennis is returning some of 2015's best fitness gains

or many it's just an excuse to dig out the Pimm's but, when done properly, 'cardio tennis' is a high-octane, sweatextracting fitness trend we should all love. And it has benefits whether you want to emulate Djokovic or simply fancy a novel way of getting extra cardio in. Originating from Australia, sessions punctuate tennis drills and competitive play with bodyweight exercises, which new research shows can raise your heart rate to 74% of its max. What the

deuce? Quite. That percentage aces most extreme bootcamps, making it advantage you, whichever court you care to tread. So join the top seed by pulling on your sweatbands and going head to head with your training partner. After each game, complete a set of these exercises for 60 seconds: press-ups, bodyweight squats, crunches or burpees. It'll help you hit that crucial heart-rate sweet spot faster and make your post-match portion of strawberries and cream a justifiable reward.



M INJURED AND CAN'T RUN. WHAT CAN I DO TO CONTINUE BURNING CALORIES?

Maintaining fitness with a lower-body injury can be tough but deploying battle ropes will make it easier. The University of Minnesota found just 10min of seated battle ropes can burn 150kcal. Try 15sec on. 45sec off, for 10 rounds to win the waistline war.



EED 10.2015

YOUR POST-RACE **RECOVERY PLAN**

Nail the aftercare part of your event and you'll shave seconds from your next time. Get it wrong, however, and you're on a fast track to A&E

SQUEEZE DOMS

The biggest benefit of compression gear comes after you've crossed the line. A study in The Journal of Strength and Conditioning found leggings enhanced blood flow in muscles, putting a brake on next-day aches.



TUNE OUT PAIN

A study published in The Journal of Strenath and Conditioning Research found listening to music helps your body clear lactic acid more rapidly, reducing muscle soreness, and aiding recovery.



FOAM IT DOWN

Think before you overuse your foam roller. An article published in Medicine & Science in Sports & Exercise found that 60sec on each muscle is enough to reduce soreness and increase your range of motion.



DANGER RUBS

Idly slapping on the muscle rub could

prove deadly - an athlete died using too much in 2007. Its anti-inflammatory ingredient methyl salicylate is toxic, so overuse can lead to breathing difficulties. Read the label.





Get fitter from your sofa just by watching sport. It automatically raises respiration, blood flow and heart rate

> Frontiers in Autonomic Neuroscience

DRDS: TED LANE | PHOTOGRAPHY: GETTY | DIGITAL IMAGING: ANTHONY HAMMOND AT PRE MEDIA | ILLUSTRATION: BEN MOUNSEY



Paul Smith ESSENTIAL

ESSENTIAL

STREET, SQUARE STREET, SQUARE

THE NEW FRAGRANCE

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Dune



DOWNLOAD YOUR NEW RING TONE

Upend body fat and build gymnastic strength through every plane of movement with the gravity-defying Olympic ring move SKIN THE CAT

he saying goes that there's more than one way to do it. However this version of Skin The Cat is peerless when it comes to functional fitness. A summer spent focusing on your mirror muscles may have done the trick for your holiday snaps, but they won't translate to peak performance now your shirt's back on. This move takes your deltoids through full flexion to extension – meaning you'll have to switch

between pushing and pulling – then hangs you out for a full-body stretch. It's a winning combination if you're looking to develop strength in your shoulders and lats as well as flexibility. What's more, much like any move on the Olympic rings, skinning the cat will flay fat from your midriff and build unshakeable core stability. We can't promise it'll give you nine lives, but it'll certainly help you stay on your feet when a crunching tackle is coming.





The nation's favourite Friday feast can be a cocktail of health-boosting spices with some local know-how



Reclaiming your well-earned weekend ruby from the closing time brigade does far more than elevate your early nights in. Knowing your onions when it comes to flavourings has double benefits: the top disease-fighting spices also happen to taste the best. First, downsize what's at the back of the cupboard. "Freshness is paramount," says Arun Kapil, author of Fresh Spice. Now substitute for this hot quartet.



i TURMERIC

Turmeric's astringency works with sweeter proteins like fish, says Kapil. Heat softens its raw bitterness, says Rohit Chugh, the founder of Roti Chai, so get it in the pan early. This will increase the bioavailability of its cancer-reducing compounds, too.



ii CINNAMON

Far more than a mere dessert ingredient, the spice lends depth of flavour to savoury dishes. "It's best with gamier meats, which play down its sweetness," says Kapil. Feel free to grab a samosa; cinnamon reduces fat absorption, found US research, Sweet,



iii ASAFOETIDA

Used as a stand-in for onion and garlic, this pungent spice will give veggie curries a savoury depth. It also aids digestion (add to lentils to avoid postprandial emissions). Fry it in oil to bring out the flavour or add a pinch at the end to give your dish a ping.



iv FENUGREEK

This is the classic curry aroma," says Kapil. Opt for seed over leaf; it slows glucose absorption so your mound of rice won't spike your blood sugar so much. "It's best to be gentle with spice," says Chugh. You can add more, but you can't take it out.



Shirk the supermarket: "The spices in their racks can be three years old," says Kapil. Instead, buy from online retailers such as greensaffron.com or try an Indian supermarket, as "their stock rotates quicker". Switch clear jars for an opaque masala dabba container (£24 spicesofindia.co.uk). Light evaporates your spices' healthy oils, says Kapil.

A pestle and mortar (£16 andrew jamesworldwide.com) beats a coffee grinder; its blades create heat which can impair flavours. Your arabica not tasting like balti is a bonus. Whole spices outlast ground, so only crush what you need.

When adding spices to quick dishes, 'temper' them whole in a tadka pan (£19 spicesofindia.co.uk) says Kapil, to unlock their flavours fast. Heat your oil (canola is nice and neutral), then kill the heat and add your mix - the hot fat extracts their essences. "Once the seeds crackle, add the oil to your dish," says Chugh. Throw the whole spice in to add fibre.



06 CURRY'S FAVOURS







PREP CURRY IN NO HURRY

Abandon your tried-and-tasted curry house staples for something less belt-busting; chicken tikka might be part of Britain's cultural fabric, but so is soaring obesity. "Spices are all about flavour," says Kapil. "Get it right and you won't need much in the way of fat, sugar and salt."

And ditch your default spice mix. The ideal combo blends an earthy base such as turmeric or cumin with distinctive top notes, says Kapil. Your proteins and veg are more about texture than taste. The longer they're in the pan, the tougher they should be.

Pick from the following recipes next time your body is in need of a boost.





INGREDIENTS

- Turmeric root, 25g,
- roughly chopped
- Ginger root, 65g, roughly chopped
- Red onion, chopped
- Garlic, 4 cloves, peeled
- Lemongrass, 4 stalks, roughly chopped
- A green bird's eye chilli
 Main dish
- Curry leaves, handful
- Coconut milk,
 2 tins
- Monkfish, 4 fillets
- Coriander, to garnish

METHOD



Blitz the spice mix into a paste and fry for 5min or so. Add the curry leaves with coconut milk and a little water, and simmer until thickened. Poach the fish for 5min. The protein maximises your squat session and anti-inflammatory turmeric will calm its fire tomorrow.

iii STOMACH-LINING BEEF RIBS



INGREDIENTS

- Butter, 2tbsp
- A large onion,
- thinly sliced
 Garlic, 3 cloves,
- grated
 Ginger, 40g,
- grated
- A star anise, freshly ground
- Asafoetida resin,
- Fennel fruits,
 1tsp. whole
- Turmeric, 1tsp
- Beef short ribs, 1kg
 Porter, 850ml
- Water, 200ml
- Creme fraiche, 2tbsp
- A red bird's eye chilli, deseeded and chopped

METHOD



Sweat the onions in butter, then add ginger, garlic and the spices. Place the ribs on top and pour in your liquids. Pop the lid on and stick it in the oven at 140°C. After 3½hr, remove the ribs, skim the fat off the gravy and bring to a boil. Add creme fraiche and chilli.

ii BIG LIFTS RAJPUTI PARTRIDGE



METHOD

INGREDIENTS

- Partridges, 2, halved
- Natural yoghurt, 100ml
- Sunflower oil, 1tbsp
- Lemon, ½, juiced
- Black peppercorns, 1tsp, freshly ground
- Cinnamon, 2tsp, freshly ground
 Cloves, 3, freshly
- ground
- Sea salt, 1tsp
 Lemon, ½, juiced
- Butter, 40g, diced
- A walnut, shaved, to garnish

IV CANCER-ABATING AUBERGINE



INGREDIENTS

- Vine-ripened tomatoes, 10, halved
- Aubergines, 3
- Mustard oil, 50ml
- Red onions, 2, diced
- Garlic, 6 cloves, grated
- Ginger, 30g, grated
- Fenugreek seeds, 1½tsp, freshly around
- Black peppercorns, 1tsp, freshly ground
- Chopped tomatoes,
 1tin
- Lemon, ½, juiced
- Goat's curd, to serve

Roti, to serve

6

METHOD

Grill the tomatoes (heat boosts their cancer-culling lycopene), then grill, peel and chop the aubergines. Soften the onions with the garlic, ginger and spices, add the chopped tomatoes and reduce. Chuck in the aubergine, whole tomatoes and lemon juice.



Pick the right sweet chutney to gain a glut of health and flavour points



MANFOOD ACHAR PICKLES

The pickle's fibre will slow down the absorption of sugar, reducing glucose spikes. You won't be stealing second helpings after dark.



PATAK'S LIME PICKLE

Marinade the partridge in everything bar the butter

and walnut for 2hr. Cloves are full of bone-bolstering

manganese, keeping you solid when facing a PB. Dot

the bird with butter, grill for 6min, then give it 2min in

a hot oven. "It should be charred and pink," says Kapil.

with heart disease fighting nutrients, according to ARYA Atherosclerosis journal. Seconds, now guilt-free.



ANILA'S TAMARIND & DATE CHUTNEY

lamarind's tartaric acid is what gives the fruit its sour flavour – and your body a defence against harmful free radical compounds



GEETA'S MANGO CHUTNEY

Deploy modestly – it's fairly sugary. But you still get a decent hit of bowe cancer-fighting antioxidants due to its cardamom.





08 SWEET RELIEF

09 REDRESS STRESS



THE DEVIL'S ADVOCATE

DON'T SWEAT THE SWEET STUFF

Eating clean is fruitless if your work-life balance is dirty.

Relax the food rules and you can burn fat for fun

ocial media has a lot to answer for. And as memes go, there are few more irritating and destructive than 'Eat clean, train dirty'. It's neat, I get it. Fuelling your body with nothing but flesh, grains and a barrowful of avocados before hitting the weights room like a bedlamite has built many an impressive Instagram body. My objection is not to the principle but the dogma.

If years of sports science and physiological research have taught me anything it's that one size does not fit all. Differences in body composition, hormone levels and lifestyle mean that men react to training plans in different ways. But 'fitfam' fundamentalists don't like deviation and this is where their influence can be dangerous.

If you've found yourself sifting through #eatclean posts and concluded that the only way you'll get in shape is by never eating a Haribo again, it's time for a reality check. Looking ripped is these guys' job. You won't find many flogged lawyers or A&E nurses moonlighting as online PTs. That's because a work/life ratio that's out of kilter makes it next to impossible to achieve your body goals, no matter how pristine your diet or filthy your gym routine. It's easy to feel that you're not trying, but it may be that the biological odds are stacked against you.

In 2015, stress is most likely to be the obstacle standing in the way of you and your gains, not the occasional digestive. Stress is a dastardly troublemaker that sabotages pretty much every system in your body, from hormone regulation to metabolism to sleep 1. And it just so happens that these systems also regulate what your body does with the food you ingest. Your diet may be spotless, but if

you're highly strung then all you're doing is pouring green juices through a network that's dirtier than a London sewer.

It all boils down to your nervous system. When it's constantly wired, good things will not come your way 2. Lack of sleep and stress cause your nervous system to slip into a 'sympathetic state' –

"In 2015, stress is most likely to be standing in the way of you and your gains – not the occasional digestive"

> the mode in which it seesaws between putting up a fight or taking flight. Your body is flooded with adrenaline and cortisol, hormones that might be highly useful if you are being pursued across the Serengeti but less so when you're

working late. Things that regulate body composition and metabolism

- from testosterone to melatonin - are thrown out of whack. And there's nothing a freekeh salad can do about that.

So what's a busy man to do?
When my PTSD resurfaced this
year, and consequently caused me
a load of fat gain, I took up the guitar;
repeatedly focusing on one task is
akin to mindfulness 3. There are also
de-stressing 'workouts' you can do such
as diaphragmatic breathing: lie on your
back with a hand on your stomach, exhale
to empty your lungs, draw in your
stomach and hold for four seconds; inhale
deeply, expanding your gut and holding
for another four. For me it beats a pint.

But then, if a pint or two does work for you, don't go beating yourself up.
Stressing about what you eat only further distances you from the optimum state your body needs to be in to reach your goals. As counterintuitive as it might sound, sometimes it's better for your waistline to have that doughnut than to deprive yourself of the things you enjoy. The message is simple: eat clean when you can, not when you don't feel like it. Train hard, but only after you've cleared the dirty stress that's causing you to gain weight. Don't sweat the sweet stuff: anxiety can be worse than calories.



DEALS WITH THE DEVIL



1 SLEEP IT OFF

If your sleep isn't in check, your workout plan or diet won't be fruitful. The most effective sleep aid is to tense each muscle for 5sec, followed by forced relaxation.



2 UNPLUG YOURSELF

Playing fast and loose with your nervous system is like poison. Identify key stressors in your daily routine. Simply silencing email notifications can cut cortisol significantly.



3 REGAIN FOCUS

Hobbies such as playing instruments and cooking are great ways to switch off, while martial arts and tennis allow you to focus on a single task, streamlining your thoughts.

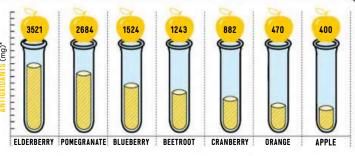


OUR HEALTH REBEL
This month's devil's
advocate, Dax Moy, is
a transformational coach
and fitness mayerick



SQUEEZE MORE FROM JUICE

It's an easy way to sink one of your five-a-day. But pick the right juice and you can down almost 10x more disease-fighting antioxidants than orange juice, says a Dutch study



hangover won't help you come race day.

Increase in metabolic syndrome risk per hour of TV over a weekend. Just the one episode then University of Tasmania

DECAF DEBRIEF

Coffee without the jitters is all well and good, but if you value your health, you'll read the fine print



PICK A LESS ROBUSTA BREW A coffee needs to

have had 97% of its caffeine content cut to be labelled as decaf. However, robusta beans have twice as much caffeine as Arabica, so



DON'T TAKE METHYLENE

some mugs will still pack 32mg

per cup. Far from jitterless joe.

Methylene is used in small quantities

to extract caffeine without affecting taste: it is also listed as a possible carcinogen by the National Cancer Institute. That's some noteworthy small print right there.



TICK IT INTO

Swiss water is free from man-made

chemicals, thanks to a process that uses an active charcoal filter to remove the caffeine. The water used is saturated with coffee flavours and oils, so you keep all the good stuff.



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NIKE FLYKNIT LUNAR 3

Heel: firm to soft

Forefoot: firm to soft

Stability: firm to soft

From the lab test: Previous
Flyknit Lunars had rigid ankle
support, but Nike has made
amends. A retooled collar holds
the heel comfortably, while the
reformulated midsole shifts
cushioning from the heel to
forefoot for a quicker toe-off.
A lighter shoe with a sweeter
ride, perfect for regular runs.
£140 nike.com

NEW BALANCE 860V5

Heel: firm to soft

000000000

Forefoot: firm to soft

Stability: firm to soft

•••••••

From the lab test: For those wanting more support, New Balance's heel configuration works with the midsole to control your foot's inward roll. Some felt the overlays interfered with the fit, but all praised the light stability – bigger runners in particular. Get ready to set a new PB. £100 newbalance.co.uk



PREPARE YOUR SOLES FOR JUDGEMENT DAY

If shoe shopping gives you a case of mental DOMS, consider this a sports massage for your mind. Here are the best trainers for you: tested by science, reviewed by humans

rom minimal to maximal, and flexible to rigid, finding the right pair of workout shoes is a mental exercise in itself. Thankfully for you pavement pounders, the experts at the *Runner's World* testing lab in Oregon, US, have put the marketing aside and painstakingly analysed the year's biggest launches. Gym rats need different kicks, of course, which is why the guys at Evolution of Man Fitness, UK, took on the challenge of pushing weightlifting and cross-training shoes to their limits. Of all the trainers tested, here's our pick of the perfect fits for your feet.

A JUST-SHAVED SMOOTH FEELING THAT LASTS.

AND LASTS. AND LASTS. AND LASTS. AND LASTS.

AND YOU GET THE IDEA.









FEEL JUST-SHAVED SMOOTH ALL DAY



Overcome this physical and mental crucible from the world's toughest gym to melt away body fat and forge iron willpower

've got bad news for you: you're not working out as hard as you think you are. When was the last time you truly went all out and gave a physical task everything you've got? Answer that question honestly, now.

When people don't achieve a physical goal they seek to blame external forces, such as not having enough time or even that they have got the 'wrong genes'. But in truth,

the problem is that if you're unwilling to throw yourself into the fire you won't reach your objective. It is in that form of hell where true change happens.

Death By Burpee is a simple tool we use at Gym Jones to teach people how to jump into that fire. It's quick and you can do it anywhere, so you're instantly stripped of your excuses. All you need is the will to suffer. At some point, you'll meet what we call 'the moment', when your mind tells you that you're too tired and you should quit. Everyone does, whether they are elite athletes, huge actors or a guy off the street. It's here that everyone has to decide how deep they want to dig. For most, it's 15-20 minutes, and if you listen to your mind and walk away, you'll stay the same. But if you push for another minute or two, if you find that grit, you'll build the mental and physical resolve that will last you a lifetime.

The perfect burpee is all about precision. Get it right and your body will thank you for it, as it primes functional

TIME TO KILL

muscles and cuts fat. Get it wrong and you'll be hobbling home

Set a timer and do:

Minute 1: 1 burpee Minute 2: 2 burpees Minute 3: 3 burpees Minute 4: 4 burpees Follow that pattern adding another burpee each minute - until you cannot do the required number of burpees in the given minute. RIP.

SCORE **CHART**

- MINUTES -J

5-8

DEAD MEAT

9-12

BELOW GROUND

13-16

GOOD

17-20 **DEAD GOOD**

21-24



ELITE 25+



IMMORTAL

01\HANDS ON

Rob MacDonald is the training director of Gym Jones, responsible for the physiques of Henry Cavill in Superman and Gerard Butler in 300. MacDonald enjoys nothing

more than exercise-induced suffering.

Your feet must be slightly beyond shoulder width for the squat. Lower down until you can place your hands on the floor.

02\STAY SOLID

As you kick your legs back you must form a solid plank and your chest must brush the around when lowered.

3\JUMPTOIT

Reverse the move dynamically, with control. Return to standing and jump at least six inches, or the rep doesn't count.





TAKE A WORKOUT ON THE WILD SIDE

A new wave of back-to-basics retreats aims to make cavemen out of us all. De-stress in the wilderness and become a fitness freak of nature



4/ GO OVER THE TOP

WHERE? Pen y Fan, Brecon, Wales

GO WILD Who dares wins

bragging rights at the Fan Dance, a 25km run over Brecon's highest peak – used to test special forces recruits. The organisers tout it as "returning to the raw intensity of man against nature". We call it a staycation for sadists.

NATURE'S GIFT Trail running boosts your power once you're back pounding the pavements. thefandancerace.com



5/ EXPLORE NEW FRONTIERS

WHERE? Avenue of Volcanoes, Ecuador GO WILD In a Tolkien-esque journey, you'll climb Cloud Forest on horseback to reach a huge volcanic crater, as birds of prey circle overhead. Descend via mountain bike, white-water raft and zip line.

NATURE'S GIFT

Physiological analysts have proven that feelings of awe yield myriad health benefits. thisisecuador.com



1/ MAN VERSUS REAL FOOD

WHERE? Hunter Gather
Cook, Sussex, England
GO WILD It's considered the
gold standard in foraging and
outdoor eats: think Jamie Oliver
meets Ray Mears. You'll learn
how to fend for yourself in the
wild with seasonal knowhow
and sharpened butchery skills.
MATURE'S GIFT Wild meat and
veg yield greater nutrients.
Cheaper than Whole Foods, too.
huntergathercook.com



2/ BE OUTBACK OF OFFICE

WHERE? Jatbula Trail,
Nitmiluk Park, Australia
GO WILD Feel like you just
can't escape modern life?
Go further. You'll end each
day of this five-day, 58km
hike soaking in a natural spa,
then bed down in a forest.
Geography blocks reception,
so you can finally switch off.
NATURE'S GIFT Research
found a week of exposure to
natural light alone is enough
to reset your sleep patterns.
jatbulatrail.com.au



3/ FLOW HARD OR GO HOME

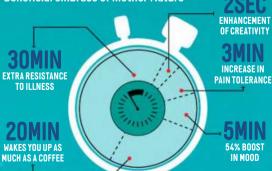
WHERE? Wildfitness, worldwide GO WILD With river activities, tree-bound gymnastic training and beach runs, these global retreats are designed to expose posture-deficient desk jockeys to nature at its purest.

NATURE'S GIFT The style of animalistic-flow training favoured here has been shown to increase all-over strength by 8% in one week. wildfitness.com



TIME YOUR ESCAPE

You don't need a week off to enjoy the beneficial embrace of Mother Nature*



PETER SMITH AT PRE MEDIA | ADDITIONAL PHOTOGRAPHY: *SOURCES: PERSONALITY AND SOCIAL PSYCHOLOGY BULLETIN, UNIVERSITY OF UPPSALA, UNIVERSITY OF ESSEX, UNIVERSITY OF ROCHESTER, JOURNAL OF ENVIRONMENTAL PSYCHOLOGY RETOUCHING: VORDS: ALEX HARRIS | PHOTOGRAPHY: ANDY PARSONS AT HEARST STUDIOS |









BUILD A SMARTER DRUG

Greater brainpower is a pill pop away, albeit an expensive one. MH digs out the chemistry set to offer brighter options

chieving excellence is big business. Muscleheads have made training supplements a multi-million pound industry. Now, with a mental bulk-up as desirable as a biceps pump, supps for the brain flood the shelves. The science is solid: a multitude of studies proving the efficacy of these drugs, often called nootropics, has landed. From better memory to instant focus and even a boosted mood, the answer, it is claimed, lies inside a bottle. Fresh research has even linked nootropics to wiping out stress. But there's a catch: the USA leads this nascent field and

the prices are unapologetically supersized. The gap in the market is being filled with promotional bluster and expensive packages. But if you're smart (and you will be) you can shop around and reap the same benefits without taking a hit in the wallet.

For the most part, the costly smart drugs filling online baskets in the US are just clever combos of targeted amino acids, mixed with stimulants and anti-inflammatories, all available individually at a fraction of the cost. Here, then, is your homework: find your perfect combo and bait WADA before your next day at the office.



CLEVER COMBOS

Take these study-backed duos to supercharge your mental faculties and save your wallet



BEST FOR

Bacopa monnieri £3 for 100g realfoods.co.uk Oxiracetam £10 for 10g intellimeds.co.uk

Simply play the long game: Oxiracetam increases brain activation while Bacopa monnieri will improve your ability to retain data in short and long-term memory.



BEST FOR

Magnesium £10 for 250mg hollandandbarrett.com Tyrosine £5 for 500mg hollandandbarrett.com

Leave work stress at the door by popping a couple as you leave the office. The tyrosine calms anxiety and the magnesium boosts dopamine, raising your mood.



BEST FOR

Caffeine £4 for 48 tablets boots.com L-theanine £17 for 100g myprotein.com

Take these before a big meeting. Caffeine will sharpen the mind while L-theanine dampens the 'fight or flight' reflex to keep you calm.



3 #3 AGMATINE Your flexible friend in the gym bag

WHAT IS IT?

It's the successor to L-arginine - a pre-workout powder that boosts both body and brain, says Kurtis Frank, senior researcher at Examine.com.

WHAT IT DOES

Agmatine fights muscle inflammation to reduce your pain perception. It also oxygenates your blood, improving nutrient delivery to your muscles.

WHAT YOU DO

For maximum benefits to pain perception and muscle growth, mix a 1g scoop of powder with water and drink 30 minutes before every workout. Down to pump up

JPPLEMENTS NEWSFEED 10.21



DRUGS TEST

UNNATURAL BORN PAINKILLERS

Ouch! Simon Maxwell of Edinburgh Uni explains which over-the-counter pain meds to pop and which to drop



PARACETAMOL

Super-safe and effective as long as you take just 4g daily, for the shortest possible duration. Protect your wallet from any pain by shopping for own-brand pills.

Gain Pain





CO-CODAMOL

Double the painkilling potential with paracetamol and codeine (a mild version of morphine). But potential side effects include sickness and constipation.

Gain Pain





IBUPROFEN

Takes on muscle pain by interfering with prostaglandins in your blood. But overuse can lead to internal ulcers - worse than the original DOMS.

Gain





DICLOFENAC

Applying an anti-inflammatory locally through the skin reduces the amount absorbed into your system, so avoids side effects. Worth the extra couple of quid.

Gain Pain







A BEAUTY TO BEAST YOUR BODY

Former elite gymnast Shona Vertue is now a trainer at the exclusive Reethi Rah resort in the Maldives. From mobility to muscle, let her give you a leg up

here's an underlying principle to my fitness philosophy," says the winningly named Shona Vertue, "and it's incredibly simple: Move. Every. Day. Move can mean whatever I want it to, from a heavy weights session to a workout that focuses on flexibility. It doesn't matter, as long as I'm putting my body under tension." Simple it may be, but she knows of what she speaks: a study in the Journal of Strength & Conditioning Research found small, regular movements yield greater fat loss than intense, less frequent work.

"Of course, you still need to get your heart rate up," she warns. "I despise cardio, so you'll never find me on a bike or treadmill; I just do more weights, faster." Again, this makes sense: upping the speed of your resistance training delivers a big metabolic hit, strengthening your heart and lungs at the same time. PTs call it 'beast mode'.

Vertue believes men would do well to pick up more training tips from fit women. "Quit obsessing over your guns and start thinking about your ass – honing your glutes is key to packing on muscle and unlocking athletic potential," she says. "Ask any top trainer and they'll tell you most men come to them with weak glutes." Still need convincing? Try out her glutesbased circuit (right), then you can let her know how you fare yourself.

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ALWAYS A
BETTER WAY

And become more attractive.

Well, one out of two isn't bad.



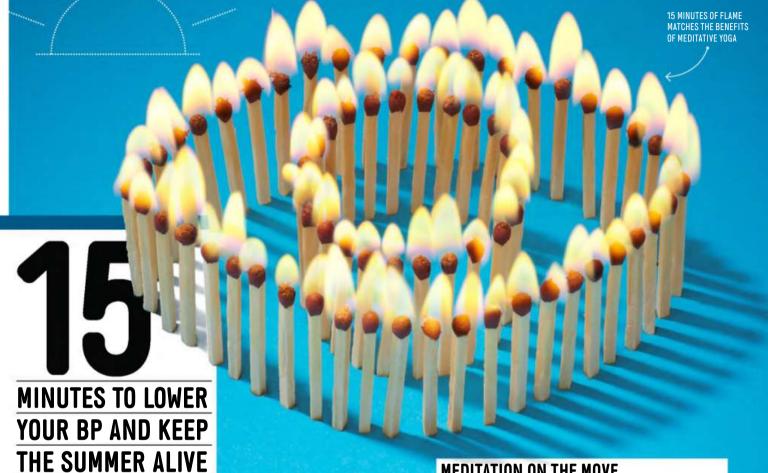
New Auris Hybrid

To discover the truth search 'Auris Hybrid'





MAXIMISING LIFE'S GREATEST LUXURY



blood pressure to dangerous levels. The drop in temperature to the University of Glasgow somewhat over-qualified when it comes to bad weather - who making this open season for summer feeling rolling.

Continue to barbecue your meals as often as possible, as it safeguards your heart. A University of Alabama study and watched a fire for 15 minutes saw lower blood pressure scores. time to grill up a lip-smacking Dr Christopher Lynn says the BP drop is thanks to the light to meditative yoga. So for some assume the grilling position.

MEDITATION ON THE MOVE

Too cold to grill? Then take up swimming instead stroke technique works just like meditative breathing

ON THE NOSE

Release your exhale as a slow trickle through the nose. It'll help slow your breathing but will also leave a pleasing trail of bubbles underwater.

FIND A FOCUS

Concentrating only on the sound of the bubbles from your breathing will allow you to clear your mind and enter a trance-like state.

SLOW IT DOWN

Rotate your body so it is streamlined and unhurried, avoiding the urge to gulp air. Slow your arms and stop between laps for long breaths.

BACK TO BASICS

Swimming backstroke doesn't require synchronising breathing with head and arm coordination, which will allow you to relax more.





the power of two. First, it's not too late to enter one of our events in Nottingham, Manchester, Edinburgh or London (just go to mhsurvival.co.uk now). Second, we've found a supplement that won't just patch up that leaky brain of yours but will also give your physique a boost to make up for lost training. In an unexpected double-win, scientists at Egypt's Zagazig University (yes really) researching choline, a nutrient

disease, discovered that it can contribute to a 2% drop in body fat in just one week. The study showed that 2g a day is enough to encourage the body to burn excess blubber for energy.

Groundbreaking stuff. But what surprised researchers more was that test subjects who popped two 1g supps a day also showed healthier neurotransmitters brain chemicals that contribute to memory. Long-term dosing isn't always kind on the gut, so rotate pills with natural sources (see right). The only problem? Next year, you'll have no excuses.



Add to smoothies. The high levels of octacosanol will increase your stamina too.



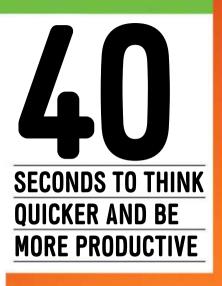
BEEF LIVER 418MG PER 100G

•••••• A sizzle of liver provides vit D and iron, which help build muscle in the cold months.



251MG PER 100G

Eating eggs with raw veg boosts the health-giving carotenoids you absorb.





DO LESS, WIN MORE

Use these office tips to boost concentration and ability, so you're always first out the door

01

GET TUNED IN

A study by Mindlab International states that pop music increases data entry, and dance tracks speed up proofreading by 20%.

02

DOGS WINNER

Hiroshima Uni demonstrated that viewing "cute" dog pictures can have powerful effects on attention and concentration.

03

YOUTUBE LOLS

Interacting with people challenges your memory and forces your brain to stay nimble says UCL. Best share that video then.



WOODEN IT BE NICE TO

BOOST PRODUCTIVITY

WITH OUTSIDE HELP

here Scandinavians once invaded us with big axes and long ships, now they're peppering our shores with Nordic Noir and monochrome fashion. But there's more to be pilfered from Copenhagen culture than Borgen boxsets and Norse Projects menswear. They're a fit lot, the Nords, and the latest science has unearthed why. It turns out the Scandi sauna habit is a dope way to prep for an endurance event: a regular sweatbox session encourages your body to produce a significant amount of natural EPO. This boosts your red blood cell count and your oxygen-carrying capacity, which can lance your PBs by increasing muscular strength while reducing breathlessness. From the rack to the track, you'll perform better. Researchers found that 30 minutes at 30°C is the optimum time. If that sounds like an endurance event in itself, a shorter session will still yield benefits. But a longer stint is worth sweating it out for, if you can handle the heat.

THE EPO FACTOR Compound the

TURNS OUT THE EFFECTS

OF A SAUNA AREN'T JUST
A LOAD OF HOT AIR

Blood-doping
effects of the
sauna with
these legal
booster shots



BEET IT

Eating beetroot before a 5K lowers your oxygen needs to cut 41 seconds off your time.*



SUPP IT

Athletes scored a 65% bump in natural EPO after taking echinacea supps for 14 days.



RUBIT

Massaging the area around your kidneys stimulates the adrenals, upping EPO levels. SOURCES: ST LOUIS UNIVERSITY, NORTHWESTERN STATE UNIVERSITY

A JUNK FOOD HABIT

FOR A CLEAN DIET

irtuous as your shopping intentions might be, they're redundant in the face of the supermarkets' subliminal marketing. Cambridge University research found enticing deals lead to 35% more unplanned, unhealthy purchases, while our shopping baskets now carry an average 12% more calories than they did eight years ago. Mentally divide your basket in two by creating a 'healthy' half and a half for everything else. It increases nutritious purchases by 50%, says Cornell University. Sounds crazy? Avoid becoming a basket case by opting for a trolley: according to the Journal of Marketing Research, a basket makes you more likely to stockpile junk food. Eating an apple before shopping can also increase fruit and veg purchases by 25%. That's the right kind of number crunching.

GOING THE GREEN MILES

As you up your veg intake, opt for the seasonal goods that'll last in your fridge



CARROTS

STAYING POWER: 4-5 WEEKS
These can slow cognitive
decline, Harvard Uni says,
plus they're antibacterial
to combat infections.



POMEGRANATES

STAYING POWER: 1-2 MONTHS
Aside from being chock-full
of vitamins, pomes also aid
blood flow in the places that
count, such as the heart.



SWEET POTATO

STAYING POWER: 2-3 MONTHS

The healthy man's go-to is high in fibre and recoveryboosting antioxidants that stave off tomorrow's DOMS.





SUIT £129 | SUIT £149 | BOTH M&S COLLECTION. SELECTED UK STORES & ONLINE. SUBJECT TO AVAILABILITY. DELIVERY CHARGES APPLY.



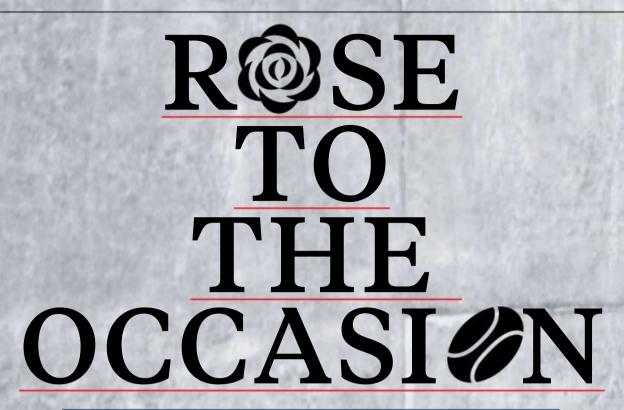


TAILORING

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ONLY M&S



As England's World Cup tilt swings low into action,

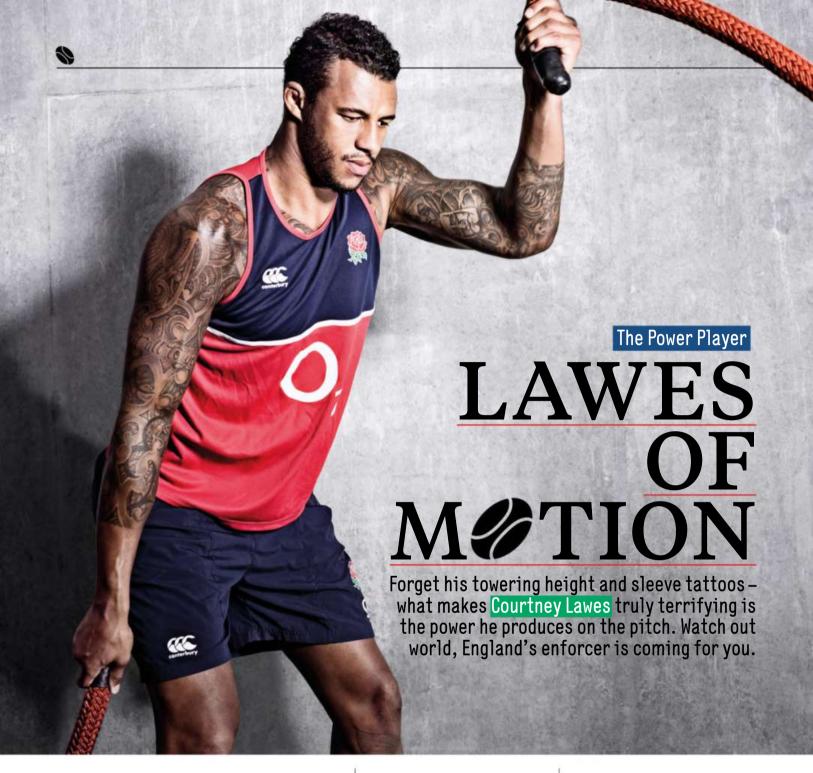
hopes of a home victory are high. MH trains with the men carrying the weight of a nation on their shoulders as they prepare to take the fight to rugby's best.

It's all kicking off

WORDS BY TED LANE - PHOTOGRAPHY BY DAVID CLERIHEW







tanding in his shadow, it's immediately apparent that Courtney Lawes has won the genetic lottery. It's a winning ticket England will be looking to cash in this month. Having got into the sport comparatively late – he picked up his first rugby ball at 15 – Lawes was awarded his first England cap just five years later by legendary lock forward Martin Johnson. Since then he has been spearheading a route to the top of his sport, earning the nickname 'Black Javelin' from his England teammates en route. And for good reason. His whiplash and wince-

inducing tackle on France's Jules Plisson during this year's Six Nations now has more than one million hits on YouTube. By comparison Jonny Wilkinson's World Cup-winning drop goal has fewer than 250,000.

A gentle soul off the field, Lawes is keen to play down his role as one-man wrecking ball. "I don't go out looking for big hits. I just want to play the game and perform for my team and my country," he says. But while he doesn't care for clickbait, the potential impact his plays have on the fans should not be undersold. When going to war in a home World Cup, Lawes' ability to turn the crowd into an extra man could prove invaluable.

Sure, second rows are meant to hit rucks, make tackles and set mauls rumbling – Lawes does that too – but in this championship he's also looking to expand his arsenal: "I want to get my hands on the ball, I want to carry more and make a difference going forward," he says, this time with a more menacing glint in his eye. This will come as unwelcome news to the teams standing between England and victory, which now have nowhere to hide in either attack or defence.

At 6ft 7in, 109kg and covered in tribal tattoos, Lawes is well suited to his role

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as England's enforcer. However, it's not his huge frame that sets him apart. International rugby is a sport played by mountain men, after all. But size, skill and speed are a package that's hard to come by. Too often on TV you see big men fumble forward or run at full speed, only to realise they're going nowhere fast, which is where his specially designed power workout comes in. "Whether it's plyometrics or power cleaning, the aim is to see how quickly you can shift heavy weight," he says. "It's the best way to develop fast-twitch muscles." It's those same fast-twitch fibres that get him from breakdown to half-back in breakneck speed.

But while Lawes' pre-tournament preparation is nearly over, your journey to becoming a weekend warrior with the same impact is only just beginning. Between now and the first whistle, you have the opportunity to follow in his oversized footsteps and build a cup-winning physique. Whether you've cashed in a genetic lottery ticket or not, it's hard to bet against anyone with the Lawes on their side.

LOCK 'N' LOAD

This workout from Northampton Saints coach Marc Finney will build destructive power and train your muscles to recover faster for the next big tackle



JUMPING LUNGE 3 REPS, 6 SETS, **45SEC REST**

With a barbell across your shoulders, lunge forward until your rear knee brushes the ground (A). Jump and swap leg position in mid-air (B). Land in a lunge and repeat.



DB BOX JUMP 3 REPS, 6 SETS, **45SEC REST**

Stand holding a dumbbell in each hand (A), then drop quickly into a quarter squat, swing your arms back and explode onto the box. Land with soft knees (B). Step down under control.



SLED SPRINT 5M, 6 SETS, **45SEC REST**

Attach the sled harness and drop into a 3-point 'sprint start' position (A). Fire out of the blocks and pump your arms and legs (B) until you cross the line. Walk back



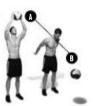
BOX JUMP 3 REPS, 8 SETS, 30SEC REST

As before, but without the weights. Drop into a shallow squat, swing your arms back and explode up (A) to land on the box with soft knees. Hop off (B).



PLYO PRESS-UP 3 REPS, 8 SETS, **30SEC REST**

From a normal press-up position, lower your chest (A), then push up explosively so that your hands leave the ground for a moment (B). Land softly to protect your wrists.



MED BALL SLAM 3 REPS, 8 SETS, **30SEC REST**

Lift the med ball directly above your head (A). Hinge at the waist and engage your core to slam the ball into the floor (B). Catch on the bounce and repeat.



espite sporting a mullet that makes him look like a throwback to rugby's amateur era, there's nothing out of date about Cowan-Dickie's versatile game as a front row. Scrummaging is England's strong suit: it's where the team will aim to roll over the Wallabies and upset the All Blacks. But to wear the red rose, you need to perform all over the park. Combining strength with mobility is something the young Exeter hooker has mastered, and

First recognised by Lewis 'Mad Dog' Moody and New Zealand legend Sean Fitzpatrick over 18 months ago, he was touted to rise through the ranks quickly – and he hasn't disappointed. It was his turn of pace and power that set up a Marland Yarde try on his debut versus the Barbarians and, following Dylan Hartley's indiscretions, he is close to cementing his spot in the team at just 22 years old. The key to his success? Enjoying his job, it seems. Rob Baxter, head coach of Cowan-

"Strength doesn't have to affect your mobility," says Cowan-Dickie. "You can get stronger, but as long you've got the fitness in place it will drag your strength around the pitch." Hit the gym with this in mind and you can turn into a front-row bruiser – you just have to HIIT up your cardio afterwards, rather than the bar.



STRONG TACTICS

True strength is built below the belt and this workout hits your lower body hard. "Up the weights to 90% of your max to shift emphasis from power to pure strength," says Finney. Happily, this means you can pump up your rest periods too



DEADLIFT 3 REPS, 3 SETS, **3MIN REST**

Step into the hexbar, bend your knees and grip the frame, core tight (A). Push through your heels, hinge at the hips and keep a straight back until the bar reaches thigh height (B).



BARBELL HIP THRUSTER 3 REPS, 3 SETS, **3MIN REST**

Sit with your shoulders against the bench, knees bent and the bar on your hips (A). Push through your heels, contract your glutes and raise your hips (B).



KETTLEBELL SWING 8 REPS, 3 SETS, **60SEC REST**

Start with the kettlebell between your legs (A), squeeze your glutes and thrust your

hips forward to swing the KB to shoulder height (B). Use momentum to go straight into the next rep.



BARBELL ROLLOUT 8 REPS, 3 SETS, **60SEC REST**

Take hold of the barbell and position your shoulders directly over the weight. Slowly roll forward as far as you can (A) then use your core to reverse

the motion (B).

STUFF YOUR **COAL FACE**

Going head-tohead on the field is hard graft. Meet the day's demands with meals from Gareth Nicholas of $MaxiNutrition^{TM}$

Breakfast

2 EGGS ON TOAST 369kcal, 20g protein, 33g carbs

Morning snack
CRACKER WITH PB 48kcal, 14g protein, 9g carbs

Lunch TUNA NICOISE

395kcal, 35g protein, 41g carbs

Afternoon snack **CHICKEN PITTA** 273kcal, 20g protein, 16g carbs

Dinner **TURKEY MINCE** 356kcal, 31g protein, 20g carbs

Evening snack FRUIT SMOOTHIE 279kcal, 13g protein, 44g carbs



one are the days of England fielding defensively minded back lines; a group of glorified spectators to a pack that rumbled from lineout to lineout. Under Stuart Lancaster, England have enjoyed a conveyor belt of attacking options from George Ford to most-recently capped centre Henry Slade.

His physique and playing style combine guile and speed in attack with superb defensive awareness, and it's fast-tracking him into England's midfield. Touted by World Cup-winning coach, Sir Clive Woodward, as the type of total footballer Lancaster needs in the centre, Slade is taking it all in his stride. "I love being part of a young attacking team," he says. "Youthful players bring an exuberance and willingness to push the envelope, while older heads in the pack are there to steady the ship." We couldn't have put it any better ourselves really, and it's an exciting combination that's guaranteed to have every England fan licking their lips in anticipation.

Despite being softly spoken, Slade's athletic build gives him the physical presence needed to dictate game plans to granite-faced props in your early twenties. However, the key to unlocking defences as part of England's new-look line-up is his pace. Joseph can jink and Burrell can bulldoze, but this man has gas and, while we can't give you the secret of his youthfulness, we can provide the workout that propelled Slade into the starting line-up. It's time to set Sunday league alight.

62 MEN'S HEALTH MENSHEALTH.CO.UK

FAST & FURIOUS

Muscle alone is not enough. Develop try-scoring speed and acceleration by digging in with these final moves



WEIGHTED SPRINT 25M, 5 SETS, 2MIN REST

Strap yourself into the vest and drop into a 3-point sprint start position (A). Explode into a sprint, pumping your arms and legs (B). Stop at 25m, walk back and go again.



SWISS BALL LEG CURL 8 REPS, 3 SETS, 60SEC REST

Lie with your ankles on the ball. You should form a straight line from feet to shoulders (A). Contract your hams to pull the ball in (B). Pause here before returning to the start.

HANGING LEG RAISE 8 REPS, 3 SETS, 60SEC REST

Begin in a dead hang (A), then tense your core and raise your legs until your thighs are past 90 degrees (B). Hold; lower slowly. Keeping a core strong generates extra leg power.



BARBELL LANDMINE 8 REPS, 3 SETS, 60SEC REST

Hold one end of the bar by your shoulder. Rotate your trunk and swing the weight down one side with arms extended (A). Reverse the motion (B) for a full rep.



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THE ORIGINAL, AND BEST, OBSTACLE RACE SERIES BEGINS ITS UK TOUR THIS MONTH. MEN'S HEALTH'S SURVIVAL OF THE FITTEST IS CALLING. HAVE YOU GOT WHAT IT TAKES?

s Survival season gets underway we bring you our third and final ambassador. Calisthenics supremo Chakabars is here to share the benefits of bodyweight training in preparation for the plethora of obstacles that pave the way to the finish-line. Cardio is the straightforward bit; put one foot in front of the other and repeat. It's your choice whether you do that over 5K, 10K or Super Survival's half-marathon distance. The obstacles, however, demand something more of you.

Chaka's mantra: "If you can master your own bodyweight, you can defeat the mighty Survival obstacles." Start out with Chaka's mini masterclass in improving grip strength (right) then head to menshealth.co.uk/survival for his complete two-week bodyweight training plan.

Men's Health has provided all the tools you need; do with them what you will. But be warned - it won't be easy!

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CARDIFF 27 SEPTEMBER | NOTTINGHAM 10 OCTOBER

EDINBURGH

N O W















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The best coffee money can buy

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PUTTING HEALTH UN
Men's Health

E MICROSCOPE

EDITED BY CARLENE THOMAS-BAILEY

THE PULL OF POWER

MH TRIALS EQUINOX'S ROPES & ROWERS CLASS TO SEE IF YOU CAN DISCOVER YOUR INNER REDGRAVE

ROPES & ROWERS

MH'S TEST SUBJECT MARK PEACOCK

STATS 85KG, 6FT

FITNESS LEVEL HIGH

LOCATION LONDON

MANUFACTURER EQUINOX

DURATION 60 MINUTES

COST £186 PER MONTH

PROMISE TO PUSH YOU AND PULL OUT YOUR POTENTIAL

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ake out your Bluetooth earphones and listen up: training solo is not enough any more. Following in the footsteps of trailblazers such as CrossFit and Survival of The Fittest, competitive workouts are on point.

Ropes & Rowers, a class hosted by the London outpost of US gym Equinox, is part of that movement – though the environs are rather more luxe than any spit and sawdust box. Still, participants compete to finish a gruelling circuit in record time, encompassing bodyweight moves, free weights and – of course – water rowers and battle ropes. MH went to war to find out if it's worth the sweat.







THE EXPERIENCE

First, a disclaimer: I've got long arms and legs so I'm physically suited to rowing. Not that I do it much; given that I'm more at home in the weights room than on the cardio floor, I anticipate a challenge.

The only Equinox currently open in the UK is in London's Kensington. The reception area resembles a grand hotel lobby, while the studio itself is a glass fishbowl: a very public stage upon which to discover that you're woefully unfit.

Our coach, the very amiable Caitlin. briefs us on the workout. I start on the rower, which uses a cylinder of water and a paddle to replicate the feel of sculling. 'Sweet' Caitlin starts shouting at me to pull harder, and four punishing minutes later I've clocked a decent 1200m.

The floor phase begins with lunges and lateral shuffles holding a ViPR (a weighted tube with handles). The buzzer goes off and I'm straight into weighted moves, which mainly consist of crossbody exercises with a med ball to ensure my core gets its due. This station calls for as many reps as possible (AMRAP).

Finally, I go one-on-one with the battle ropes, lifting and slamming for 10 reps. I was banking on making up ground here and I outdo the guy before me, who only manages six before ceding defeat.

My name goes up on the leaderboard, which, in true Equinox style, is written on the mirror in red marker pen - or Caitlin's lipstick? In my one-hour session, I burn 700 calories. A lunch well-earned aside, I'm sold on the format. 'Team competition' might just be industry buzzwords, but we certainly all leave buzzing.

USER FEEDBACK



While Equinox has plans to expand, the class is currently only available in Kensington. And at West London prices, naturally



Regardless of whether you make it onto the leaderboard vou are certain to feel the effects in your arms, back and core



with heavy weights work vou have nothing to fear. But rush to beat your rivals and you'll risk injuring yourself

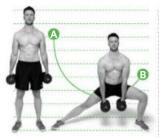


If you're au fait

YOUR CLASS PRIMER

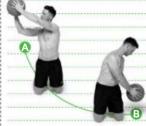
PREPARE FOR AMRAP BATTLE

Perform in sets of 10 and see how far you get in 4min to go into the class with no surprises



LATERAL LUNGE

Hold two medium dumbbells at arm's length, legs shoulderwidth. Side step, bend your knee so your leg's at a right angle. Step back; swap sides. This will train your glutes.



MED BALL WOODCHOP

Start on your knees and bring the medicine ball above your right shoulder. Lower it down to your left hip. Swap sides with each rep to add strength throughout your core.



KNEELING PRESS

No cheating with momentum here: raise a 10kg weight overhead, palms forward, then lower it back down to shoulder height. Progress up to 20kg when you're ready.

THE VERDICT

SIGN UP FOR A

NEW KIND OF R&R

Ropes & Rowers is a challenge, but it's not beyond the reach of the reasonably fit. The rowers provide high-intensity cardio without the joint impact you get from running, while the natural movement of the water helps you retain form.

The bodyweight and weighted stations are nothing new but they keep your heart rate up to burn more fat. If you've spent a decent amount of time in a gym and are familiar with the moves, you can make the most of your time on the floor. The ropes are obviously a major selling point, and science backs up their inclusion: just 10 minutes of rope training improves your cardiovascular performance, reports the Journal of Strength & Conditioning Research. If you're time poor, this class is benefit-rich.

Until Equinox's inevitable expansion across the UK, the single location proves an obvious stumbling block. If you do the maths, a membership works out at under £7 a day. For those who are serious about the gym and want to sweat in five-star luxury rather than a subterranean weights room, it's not as pricey as it seems. .

AT A GI ANCE

AT A GENTIOE	
PRICED BELOW £20	X
OFFERED NATIONWIDE	X
HIGH CALORIE BURN	~
TECHNIQUE ADVICE	~
ACCESS TO OTHER FACILITIES	~
GYM EQUIPMENT PROVIDED	~
FOR ALL LEVELS OF FITNESS	~
NO MEMBERSHIP REQUIRED	X
MOTIVATING MUSIC	V
FREE LOCKERS	~

SCORE



GET ROPED IN

?

So, people often ask our family how do we manage to still be an independent brewer in this day and age.

Simple, really.

You independently brew beer, and then sell it.

If you've sold the brewery then you've done it wrong.





BODY SCIENCE THE LAB

01\

DUSE THE FLAMES

Long days, pub stop-offs and late dinners are a recipe for acid reflux. On those nights when a

nights when a 10pm pasta ready meal seems a sad inevitability, chase it with a glass of water: Digestive Diseases and Sciences journal found H₂O helps to neutrialise excess stomach acids. A stick of sugar-free gum

will work too, as it increases saliva production, carrying alkaline liquid to the stomach. Something to chew over.

02\ STAY IIP I ONGER

Can't help slumping on the sofa the second you drop your fork? Don't take it lying down – literally. A prone belly full of food slows digestion, which causes your stomach to vent at the wrong end; the food moves up, not down.

After dinner, position a few pillows behind your back and sit up straight. Food needs two hours to digest, so shoot for two full episodes of *True Detective* before you nod off.

O3\ UP THE ANTACIDS

When gum won't cut it, going over-the-counter is your next option. Antacids such as Gaviscon protect the lining of your oesophagus, to deal with one-off bouts of heartburn. If you suffer more frequently, try a 'proton pump inhibitor' (PPI) such as Nexium, which reduces the amount of acid in your stomach. If symptoms last more than two weeks, see your GP. Fire-fighting of this degree is best left to the pros.

HEALING THE BURN

IF THERE'S MORE ACID IN YOUR STOMACH THAN IN A CHICAGO DJ'S RECORD BOX, YOU NEED MH'S FIRE-FIGHTING ADVICE

04\

NOT FEELING SO

HOT? GET IT OFF

YOUR CHEST

If the battle of the burn rages on cheat days, that's because high-fat foods spend longer in your stomach, while large meals strain the muscles at the bottom of your oesophagus. These are meant to let food in and trap acid; when they loosen, acid leaks, causing a burning sensation. Leave a couple of hours between eating and

working it off, as tensing your

abs also loosens the muscles.

ESTARTERS

05\

Although heartburn is fairly innocuous, it shares many of its symptoms with a far more serious condition: heart attack. While there are no definitive rules, other signs of a heart attack are shortness of breath and sweating. Be safe, not sorry, says Dr David Warriner, a senior registrar in cardiology: "I'd rather see patients with heartburn and reassure them, than have patients feel too embarrassed to come in, and then suffer a heart attack that could have been prevented." It's an acid test worth taking.

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THE NEW ITALIAN CROSSOVER

THE PERFECT 10 THE LAB

UNPACK AND BOUNCE BACK

THE RIGHT NUTRITIONAL TOOLS WILL SEE YOU CRUISE THROUGH YOUR FIRST DAY BACK IN THE OFFICE. POWER UP WITH THESE SUPPLIES



hen the biggest decision you've had to make over the last seven days is whether it's too early to paddle over to the beach bar, wading into the office can prove a cold reality. Slipping back into a routine of shopbought sandwiches and 4pm digestives is all too easy. But pack in the correct nutrients and you can set your body and mind off on the right path.

We gave our house chef, Adria Wu, a list of 10 ingredients that belong in your fridge after a week away. Then we tasked her with creating a nutritious breakfast and packed lunch to keep your head sharp, mood up and make the day pass faster. Welcome home.

01/Strawberries

These slow digestion to keep you satisfied. Keep a bowl on your desk to prevent mid-meeting rumbles.

02/Banana

Rich in vitamin B6, bananas balance mood hormones. Consider them a back-to-work shock absorber.

03/Garlic

Its allicin lowers heart disease risk and keeps you switched on. Go raw to score the maximum dosage.

04/ Couscous

Providing B vits and manganese for blood sugar control, a bowl of this won't leave you craving come 4pm.

05/ Sov milk

Missing the sunshine? Soy products are fortified with vit D to stop short days from clouding your mood.

06/ Oats

Oats support immunity. And there's no greater injustice than catching the office bug on your first day back.

07/ Chicken

At 250mg per breast, phosphorus reinvigorates your muscles. Handy after a week hitting the deck chair.

08/ Chopped tomatoes

Cooked toms lower blood pressure to fight deadline-day stress. Crack open a tin and you won't lose heart.

09/ Courgette

This vegetable is over 95% water, supporting you in the daily battle against air con and coffee runs.

10/Bell peppers

If your inbox is stuffed, bell peppers dish up double your vitamin C RDA, helping to keep stress at bay.





TESTED BY EXPERTS

THE WIDE

AWAKE

CLUB

HOME BREWING WON'T JUST SAVE YOU MONEY, IT'LL HELP UNLOCK THE TRUE BENEFITS OF GOOD COFFEE. GET GRINDING

our morning caffeine hit does more than power you through that arduous journey into work. It boasts a list of benefits so long that whether you're looking to improve your PB, sharpen up before a meeting or cut your risk of Parkinson's, the answer lies at the bottom of your cup. The key is to ensure you are getting the biggest hit of flavour, technically called TDS - total dissolved solids. Switch your costly shop-bought habit for at-home brewing for greater control over how much of the bean you consume. They also make it easier for you to replicate (and even improve on) your local barista's skills.

We teamed up with coffee experts DunneFrankowski to test these machines, analysing how much of the bean makes it into your cup and the brew strength. Using a Brita filter kettle, which extracts limescale (making it consistently efficient at boiling water) we were able to use science to craft the perfect cup.

Brew up, always drink it black (milk ruins it) and savour the myriad benefits.

01

• COMPACT CONVENIENCE 6/10
• NESPRESSO PIXIE CLIPS
• £139 NESPRESSO.COM

INSTANT ESPRESSO

This compact machine is not for frothy coffee lovers. But if mornings leave you short on time, it's ideal. Pop in a coffee capsule, then choose the 40ml button for a quick espresso shot or the 100ml for an Americano, and enjoy the results 30 seconds later.

THE LAB STATS

IIIE EAD STATS	
Aesthetics	6/10
Ease of cleaning	10/10
Dissolved solids	7/10
Flavour	5/10

OUR EXPERTS SAY

This is incredibly easy to use, but you have minimal control. The pod taste tends to be bitter, but capsules can be refilled with your own ground coffee, if you prefer.

02

AEROPRESS TO

IMPRESS WITH

• COMMUTER POWER 9.5/10
• AEROPRESS
• £21 CREAMSUPPLIES.CO.UK

USE THE FORCI

This syringe-like pump is a manual coffee maker, so needs more muscle power than the one-touch machines, but it does deliver a cup in 30 seconds. Fill up one side with coffee and the other with hot water, then press down to plunge the perfect 220ml cup.

THE LAB STATS

Aesthetics	9/10
 Ease of cleaning 	10/10
 Dissolved solids 	10/10
• Flavour	10/10

OUR EXPERTS SAY

Full marks for affordability, and it's a great gateway for coffee buffs who want to experiment with different recipes. It also delivered the best extraction ratio.









BULK BREWING 7.5/10 • DE'LONGHI DISTINTA FILTER •£100 DELONGHI.COM

The metallic finish won't look out of place alongside other high-end gadgets, but more crucially for entertainers, it makes up to 10 cups and is easy to clean. That means more time with your guests and less time in the kitchen.

 Aesthetics 	8/10
• Ease of cleaning	8/10
 Dissolved solids 	7/10
• Flavour	8/10

This took almost five minutes to brew, but it delivers more cups. The mesh filter is better for the environment but can retain traces of the last batch.

HIPSTER APPEAL 8.5/10 CHEMEX COFFEE MAKER £47 AMAZON.CO.UK

This coffee maker - which looks more at home in a lab than a kitchen - is actually a '40s design classic, housed in NYC's MoMA museum. It's made of tough, heat-resistant glass but is fiddly, requiring fresh grounds and filter paper.

8/10
9/10
9/10
9/10

The thicker filter paper and glass vessel mean you aren't left with any residue build-up, so every cup you brew will be cleaner, less bitter and purer.

• LONG-TERM INVESTMENT 8/10 JURA Z6 •£1,895 JOHNLEWIS.COM

This Swiss-made bean-to-cup machine lets you create and save a 'favourites' list, from ristretto to latte. It also tells you when to add more coffee and even auto-cleans. Not having to think first thing in the morning is priceless.

 Aesthetics 	9/10
 Ease of cleaning 	9/10
 Dissolved solids 	7/10
• Flavour	9/10

The touchscreen and options

saving make it dummy-proof. But it does grind the beans coarsely, which can limit the amount of coffee extracted.



STEP 1

If you choose to invest in an AeroPress, this is how to prep the perfect brew. Fill with 17.5g of freshly ground coffee.



STEP 2

Heat 230ml filtered water to 85°C, then put 50-60ml in with the coffee. Stir to make sure the coffee is fully wet.



STEP 3

Add the rest of the hot water, then plunge the coffee (taking around 20 seconds) into a cold cup and enjoy.



: CARLENE THOMAS-BAILEY | PHOTOGRAPHY: MITCH PAYNE I IMAGING: PHIL LUPTON AT PRE MEDIA

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WHAT'S KILLING MEN? THELAB



LUNG CANCER IS THE DEADLIEST OF ALL, THE EASIEST TO AVOID, AND YET IT RARELY GETS AN AIRING. BY WAKING UP TO THE FACTS, COULD WE STUB IT OUT FOR GOOD?

> 44,500 cases of lung cancer are diagnosed a year in the UK

has declared urban pollution carcinogenic, and diesel fumes in particular have been linked to lung cancer. In the charming city in which I come to work, air pollution is a factor in the four biggest causes of death.

"Air pollution is associated with a small increase in the risk of developing lung cancer, but tobacco smoke is still the major risk factor," says John

Newlands, a senior information nurse specialist with Macmillan Nurses. "Even so, we do need more research into never-smokers." But let's not kid ourselves: it's still a minor culprit. "Around 80% of lung cancer cases are in people who've smoked or are still smoking," says Professor Sam Janes, a Wellcome senior fellow at University College London. "So public health education can help. But the problem is that people start smoking when they're young and think they are immortal. They might start to think better of it as they get older. but cigarettes are made to be, and are, extremely addictive."

So why does it feel like the health hazard we forgot? Of late, everything from sugar to sitting down at work has been granted the dubious descriptor "... is the new smoking". But

MH's deputy editor Mike Shallcross examines your biggest health threats before they catch you

NAME LUNG CANCER

RANKING The most prolific cancer killer of men and women alike THE MH PRESCRIPTION Make an honest assessment of your habits

hat actually gives you cancer? If you believe the middlemarking tabloids, the answer is 'just about everything'. But look into the small print and the picture is a little bit foggier. Red meat, toilet cleaner, mobile phone masts... generally what has been dug up is an interesting correlation rather than a nailed-on cause.

One exception is cigarettes. They definitely do. The link between that pack of 20 and lung cancer is probably the strongest that researchers have ever discovered. Study after study confirms it with

DON'T LET YOUR EFFORTS WITHER. SMOKING'S RISK HAS NOT DIMINISHED

> different populations and time periods. Take a snapshot of smoking habits and

remarkable consistency across

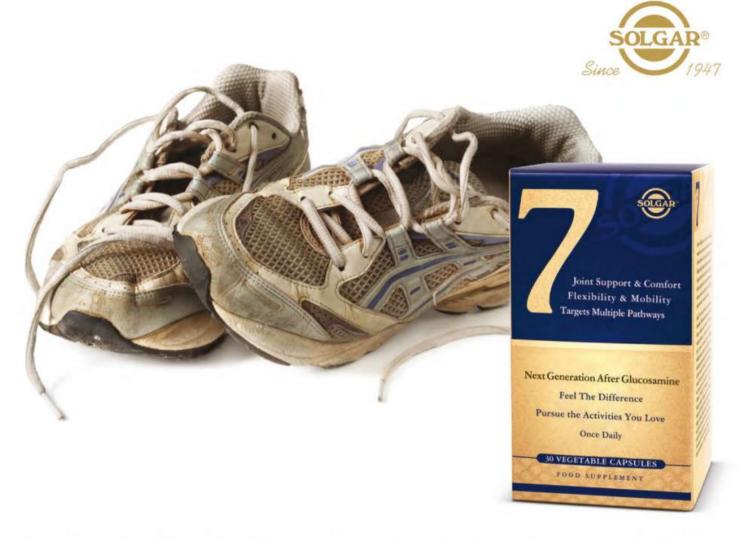
of sufferers survive for over 10 years after diagnosis

20 years later you'll see its thanatic reflection in lung cancer incidence. It's over half a century since the US Surgeon General released a devastating

report which identified smoking as a "major cause" of the disease. And yet every office, pub and even hospital has its own cluster of smokers outside, powerless to stop sucking down those fumes.

Denial can be a powerful force. I used to debate on a politics blog with a very smart and slightly mischievous psychiatric nurse, a smoker who was implacably opposed to cigarette bans in public places. He disappeared for a while, and then his wife posted to say that he'd died from lung cancer.

Apparently to the last gasp he blamed the traffic outside his front door, and he might have had the ghost of a point. The World Health Organization



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is incurable, so we'd encourage people to go and see their GP if anything has changed." In terms of dodging

the disease... well, you know what I'm going to say, don't you? Some smokers have turned to e-cigarettes, which provide a nicotine hit without the toxin cocktail of tobacco smoke, but researchers point to the fact that they contain their own chemicals, the effects of which haven't yet been properly tested.

"Vaping is safer than cigarettes, but that doesn't mean it's 100% safe," says Newlands. "There are proven ways to help you stop such as nicotine replacement therapies, so you should consult your GP or local NHS Stop Smoking Service."

Beyond the obvious, there are a couple of other pointers that could help you. "A balanced diet rich in fruit and vegetables may help, as can increasing your physical activity," says

"No-one has hassled me to sponsor their 10K for lung cancer research recently"

Newlands. "And if your

Treatments are improving. Janes' research unit is about to start testing a combination of gene and stem cell therapy, and he is also excited about the prospect of using CT screening to catch the disease earlier. Currently available in the US, the battle is on to get it approved by the NHS here.

But for now, the answer is literally at your fingertips. Time to stub out that last cigarette, and perhaps a large number of this disease's deaths, for good.

the last cigarette ad has long since aired, and the ludicrous sponsorship link between sports and smoking has been broken. In the US, Big Tobacco has settled generously with most of the states litigating against it, though this is not quite the unconditional surrender it seems - banning advertising effectively blocks new entrants to the market and guarantees an oligopoly.

MORE AWARENESS COULD TACKLE LUNG CANCER,

ROOT AND BRANCH

But as Big Tobacco turns its marketing firepower on to newly affluent Asia, its opponents have vacated the battlefield too. I can't recall the last big public health initiative focused on cigarettes, and no-one's ever hassled me on Facebook to sponsor their 10K for lung cancer research. Meanwhile, the five-year survival rates remain among the worst for all cancers.

GO BEHIND THE SMOKE SCREEN

It's worth taking note of these alarming figures

people in the UK die of the disease every year, making it the deadliest cancer for both men and women. (BLF)



of those deaths are not related to smoking - direct or passive. (BLF)

Part of the dismal prognosis could be that it's difficult to spot. For a smoker, some symptoms might be seen as an occupational hazard. "If you have a new and persistent cough for more than three weeks, develop breathlessness or have blood stains in your phlegm, you should see your for survival rates doctor and ask out of the 20 most for a chest X-ray," common cancers

says Newlands. As always, prompt action is vital. "Symptoms tend to appear after the disease has spread, and it becomes very difficult to treat," says Janes. "A possible four out of five patients present when the disease

job requires you to wear respiratory protective equipment - wear it!"



hey say time and tide wait for no man - a truth confirmed by our winners at the Cairngorms National Park in Scotland this summer. Our challengers came from all corners of Europe. Tasked with proving their love for adventure, each embarked on the trip with his or her own personal mission. While their backgrounds may have differed, our challengers were united in the desire to test Timex's new Expedition watch against the harshest conditions the Scots (an authority on bad weather, if you ask us) could offer. As their bodies were pushed, the watch too had to stand the test of adventure time: canyoning in one of Scotland's most unforgiving gorges; hiking through the park in varying temperatures; being totally submerged and battered down white water rapids.

As the watches held firm, our adventurers proved equally strapping; each overcame heights, jagged rocks and freezing waters. Now the gauntlet has been thrown down, all that remains is for the next man to take up the expedition. This is your time.







HARD TIME

Meeting ISO standards, it's sufficiently shock resistant to maintain functionality after being hit with a hammer. Though a bump from a rock is a more likely scenario.



FACE TIME

The display features a stopwatch and countdown timer (if you really want to push yourself). Vibrating and audible reminders alert you to your hydration needs.



DOWN TIME

Functionality aside, the watch is aesthetically pleasing, drawing inspiration from the classic Timex WS4. It'll work just as well with your casualwear – until the next adventure.







WHEREVER YOU

LAND, PICK THE **CREAM OF THE CROP**

HARNESS YOUR SPF FACTOR

SUNCREAM BLOCKS YOUR CANCER RISK ALL YEAR ROUND. **BUT IS YOURS UP** TO THE TASK?

s autumn approaches, a suncream story might feel slightly out of place. Which is exactly the problem. You don't just require UV protection poolside; the UK's rays stay strong through to October. With skin cancer on the rise, that two-vear-old bottle at the back of your cupboard could be leaving you dangerously exposed: many ingredients have a shelf life and not all creams offer total protection. MH scans the labels to pore over the contents of your SPF.

01*

KNOW YOUR AS AND BS

The sun beams two types of rays: UVA and UVB. Both are linked to cancer. The difference is UVA penetrates deeper into the skin, contributing to ageing, while B is the key cause of sunburn. UVA rays can also pass through glass. Look for a broad-spectrum cream that blocks UVB, with a four to five-star rating to ensure that you're safe on the UVA front, too.



COVER ALL BASES

Many moisturisers have SPF, but presuming they're a substitute for suncream will leave you redfaced. During SPF testing, the rating given is based on coverage of 2mg per cm2 of skin (nerd fact). Most of us apply a third of that amount - especially when using face creams - so we get far less protection than the label suggests. Start doubling up.

03\ ≶



THINK ZINC, NOT PINK

Sensitive skin reacts best to mineral creams, which are made with zinc oxide; newer versions use nano-particles, which stop the minerals from leaving chalky streaks. Questions have been raised about whether we're at risk of absorbing too much zinc, but regulatory bodies ruled this out. Slather with impunity.

04\



LEARN TO LET GO

When you come across a dusty bottle in your bathroom cabinet, look for an image of a tub with its lid off alongside the number 12M, for example. This is its shelf life in months. The ingredients deteriorate faster in the heat, so avoid storing your creams in direct sunlight (ironically).

05



APPLICATION PROCESS

If you work by a window, or train in the park, you're especially at risk. Official advice is to apply a shot glass's worth of cream to any exposed skin; or just double what 'feels' correct, taking care not to miss your hairline. Know the facts before you buy and you won't get burned - in any sense.

FIND YOUR SAFE DOSAGE

SPF 50 + VERY HIGH PROTECTION YOUR BEST CHOICE FOR OUTDOORS SPORTS

SPF 30 & 50

HIGH PROTECTION IDEAL FOR PROLONGED SUN EXPOSURE

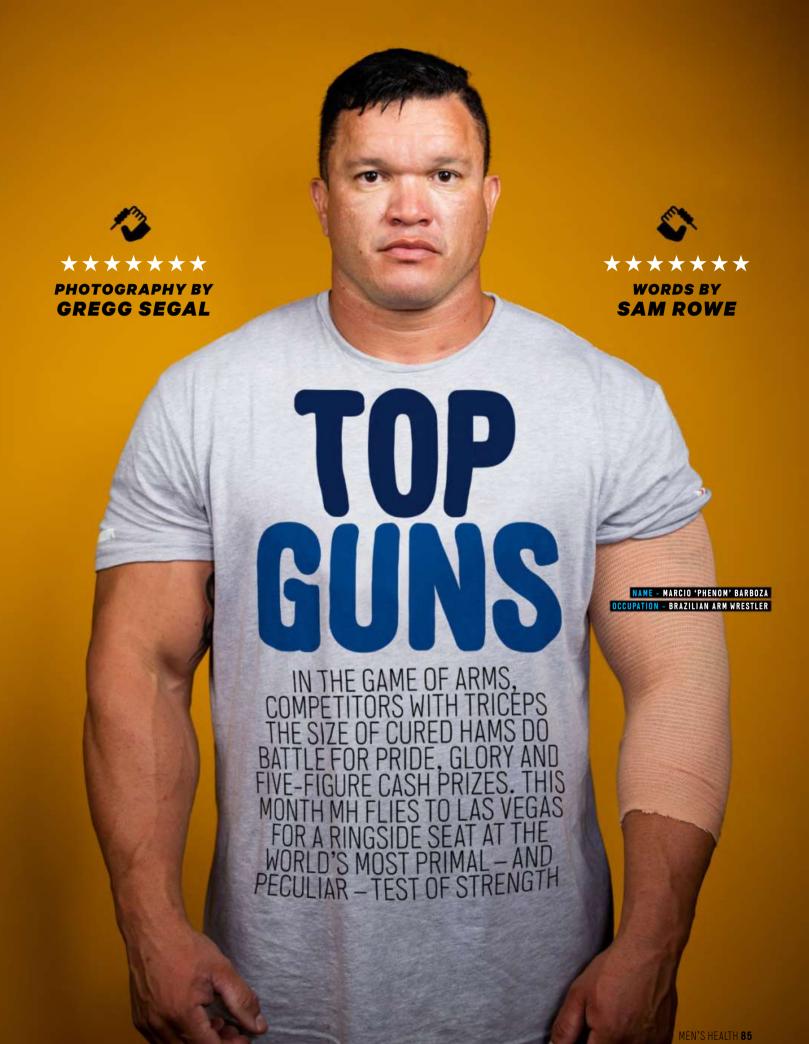
SPF 15, 20 & 25

MEDIUM PROTECTION THE MINIMUM SUGGESTED BY CANCER RESEARCH UK

SPF 6 & 10

LOW PROTECTION NOT SUFFICIENT: 10% OF UVB RAYS GET THROUGH





TO THE UNINITIATED, ARM WRESTLING CAN CONJURE UP A CORNBALL IMAGE.

All sweaty hair and barroom bravado, pool cues and country blues. There might be beards, you think. There will be leather. But for Devon 'No Limits' Larratt, a veteran of the Afghan war, standing 6ft 5in and weighing 16st, it's a lot more serious than that. It's both a sport and a lucrative career. To a Las Vegas arena humming with 1000 boisterous fans, the 40-year-old former Canadian Special Forces soldier announces himself with a guttural roar. He steals a kiss from his wife (and fellow arm wrestler) Jodi,

then stares deep into the eyes of his opponent sitting across the table. So far, so histrionic. Then he gets down to business. Within five minutes Larratt will leave with \$20,000 clenched in one cyclopean fist and a replica hammer of Thor in the other – his trophies for besting his foe in a primal contest.

This is the 2015 World Armwrestling League (WAL) Championship, a carnival of testosterone that takes place over Independence Day weekend, during which the scene's foremost arm-benders descend on Sin City. Their objective is to prove who possesses the perfect blend of

freakish strength, wily technique and mental fortitude in a bid to claim a share of the \$500,000 purse on offer.

Competitive arm wrestling has quietly existed since the 1950s, but until recently, 'pullers' – as these brachial gladiators are known within the sport – battled for the badge of pride alone. WAL is changing all that. Since launching in 2014, the Chicago-based league has become the biggest of its kind in the world and has a profitable television deal with ESPN. It aims to branch out to eight more nations next year, among them the UK (with London due to host the European final in early 2016), awarding thick wedges of cash to the finest left- and right-handers across four weight classes. Today's event was dreamed up by founder Steve Kaplan, a modern-day renaissance man whose portfolio includes a marketing firm,



SPECTATORS PLEDGE
THEIR ALLEGIANCE
AT THE GAME OF ARMS











TOP GUNS





SINCE SIGNING UP WITH
ESPN, WAL HAS WON OVER
LEGIONS OF DEVOTEES



a handful of *New York Times* bestselling books and, somewhat incongruously, a Broadway musical. The entrepreneur set up WAL after observing soldiers arm wrestling in 50°C temperatures during a trip to Afghanistan. "We put together a league and it just blew up," he says. "My perception was that you'd get these big blokes with beards and motorcycles in bars, out of shape and drinking, but it was the opposite. These are hardcore athletes, man."

Success has been swift. The deal with ESPN was inked within months, its debut series attracting an impressive 300,000 viewers. Season Two is primed to draw more than double that figure. This year's tournament drew thousands of entrants for 100 qualifier events in as many US cities. These were followed by regional heats before culminating in the grand final here in Nevada. Popularity has exceeded expectation. Evidently, Kaplan has chanced upon a gap in the market.

Rules are fastidiously observed. Each competitor must have an even grip in the centre of the table before the match commences; wrestlers must keep one foot on the floor and their elbow on a pad at all times; the non-pulling hand must be in constant contact with the table's peg. Failure to comply, or violation of other rules such as a false start or covering your opponent's knuckle, results in a foul. Get hit with three such strikes and you're out of there. Meanwhile, if pullers lose grip of each other – something that happens in a large portion of matches – the referee will produce a strap and bind competitors' hands together.

The favourite doesn't always win. Victory is not directly correlated to the size of a puller's arms. As is witnessed many times today, men with biceps the size of Atlas stones are soon left red-faced if their technique is off key. Successful finishing moves include: the 'hook' (bending the wrist, committing



the shoulder and nullifying their opponent's power by opening their bicep); the 'top roll' (which sees a wrestler dropping their hips low under the table, curling the wrist and following the hand down); and 'the hit' (setting up with a high elbow, anticipating the start and slamming the rival's fist before the ref can finish mouthing 'Go').

Unlike other all-American sports, bouts are often spectacularly short. Even so, the toll on the body can be severe. "You've got athletes here who train phenomenally hard," says Andrew 'Cobra' Rhodes, an arm wrestling icon whose career spans four decades, "and in one split second, every fibre they have, from the top of their head to their toenails, drives through their hand." Occupational injuries vary, from tendonitis and joint issues right up to ripped tendons and blown biceps. Breakages, while rare, do occur.

"I broke my arm in February 1997 – it was my second tournament ever," says Christian Binnie, a 51-year-old retired prison guard and superheavyweight regional finalist. On hearing the unmistakeable snap of bone, Binnie initially thought it was his opponent's arm that had broken, before looking down and seeing his own distended forearm. "I remember getting in the elevator and my dad said, 'Well I guess it's time to find a new hobby.' I just looked at him, laughed and said, 'I'm gonna be world champion.' He's less negative now."

Competitive pullers are a motley bunch, hailing from all sections of society. What they all seem to share, however, is an almost evangelical passion for the sport. "From the first day somebody grabbed my hand, on my first match back in August 1979, I knew I would do this for the rest of my life," says Allen Fisher, a moustachioed lightweight with 26 world titles. "I wasn't a Christian back then, but I knew this is what God had designed me to be," adds the 59-year-old, lifting his gargantuan right puller. "Plus, how do

FROM BARROOM TO
BIG TIME, THE LEAGUE
HAS PROVED A PULL
FOR FEMALE FANS TOO



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****** WINNERS AND LOSERS

Pullers compete in left- and right- handed bouts across four weight classes, meaning there are eight champions to be crowned. A biceps tear prevents Marcio 'Phenom' Barboza (left) from retaining his heavyweight title. The Brazilian must settle for second place, while Storm Chellino (right) prevails over cop Robbie Topie in the left-handed superheavyweight division.



you explain something like that? A 9in hand, for a guy that weighed, back then, 152bs (69kg)." Large appendages provide a useful starting p

Large appendages provide a useful starting point for the budding arm wrestler, but pullers have to train hard to build the requisite muscle mass to beat down their foes. Many embark on a high volume of weight training with a heavy focus on exercises such as pull-ups and preacher curls to strengthen the wrist. Clenching a set of hand grippers for hours at a time is not uncommon, while Fisher - somewhat bizarrely and not a little disconcertingly - spends the entire duration of his time in MH's company with an unripe pear in his grip. A favoured training technique of one resourceful puller is, he tells me, to empty 5kg of rice into a bucket, dig his hand inside and then try to make a fist (it's more difficult than it sounds). Another likes to suspend himself from a bridge using only finger strength. "I have a 10lb sledgehammer at home, with probably another 40lb of weight duct-taped to the end," says Dave 'Easy Money' Chaffee, a prison guard from Pennsylvania who will retain the right-handed superheavyweight title this weekend. "I'll do wrist raises and then reverse kickbacks. In arm wrestling, hand and forearm strength is huge. That's half the battle."

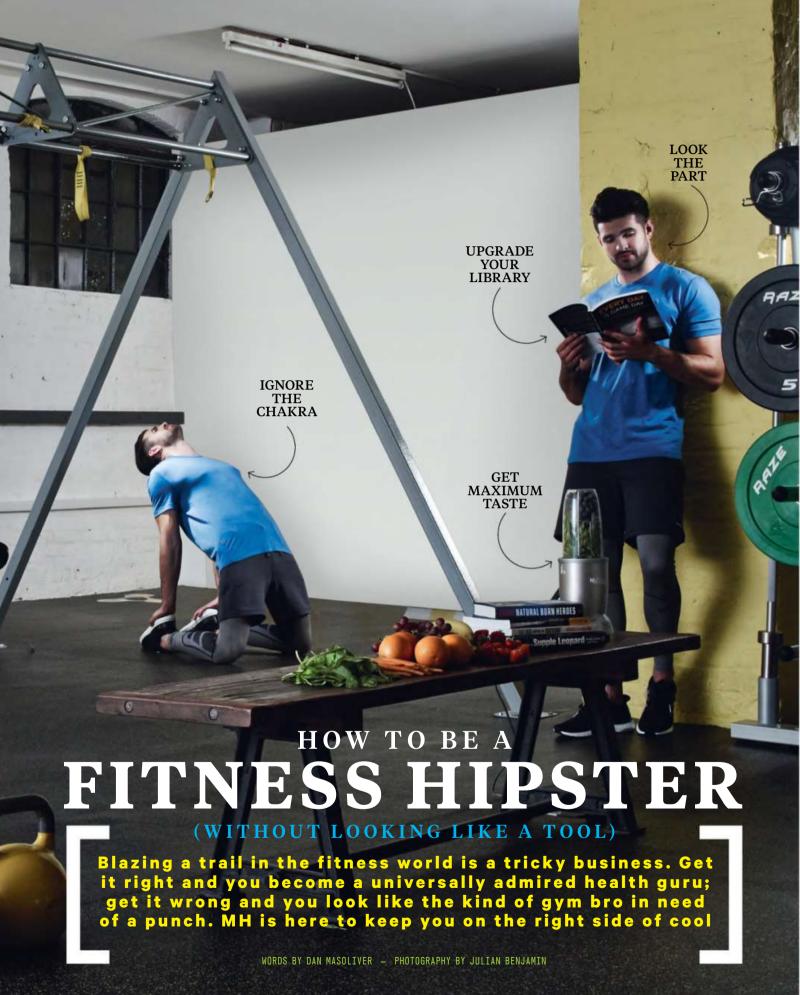
It's a high-stakes game when Herculean effort goes into preparing for matches that tend to last no longer than the blink of an eye. But as this weekend's sold-out event and ESPN broadcast appear to testify, fans of arm wrestling revel in the sport's lightning-fast nature. Whether pulling as a sporting televisual event will translate for a more naturally cynical (not to say discerning) British viewership remains to be seen. The smart money would probably still be on confinement to the Sunday morning slot on Dave, followed by reruns of *Storage Hunters*.

But that's not to detract from the physicality of the pullers MH has witnessed here in Vegas. Yes, it has a tendency towards the melodramatics of WWE. And sure, it might not require the mental agility of boxing, the pain threshold of MMA, or the technical flair of taekwondo. But arm wrestling is hand-to-hand combat at its bloodless purest; a primitive test of strength between two titanic competitors. Most importantly, perhaps, it's accessible – an everyman sport. One that is capturing imaginations and strong-arming its way on to a small screen near you.



MENSHEALTH.CO.UK MEN'S HEALTH **91**





imes change. Not too long ago, health and fitness was a niche. Now it's most definitely a thing. A cool thing even. And when something becomes a cool thing, it becomes big business one worth £4.3 billion in the UK alone. Driving this rapidly bulking industry is the fitness hipster. You'll find him in Brooklyn,

Erskineville or Shoreditch, sipping on a bottle of charcoal water, right at the point where fitness and fashion collide. Dressed in black compression tights and a deep-cut vest, he was doing yoga back when it was just for mums, and making his own chai and almond milk lattes before Starbucks cottoned on.

And, despite our better instincts, we salute him. Because for this guy, it's not enough just to follow the crowd: he needs to set the agenda in kit, classes and culinary discoveries. Without him, we wouldn't have quinoa in our cupboards, bamboo threads in our gym bags or Tabata in our exercise armoury. But the problem with being an early adopter is that you run the risk of getting it wrong; really wrong. And suddenly your beard doesn't look quite so hip.

This, then, is a manual for the right kind of fitness hipster. One who is ahead of the game. One who knows where to draw the line between useful trends and passing fads. And one who doesn't look like a tool.



KNOW THE LINGO

The fitness hipster isn't always as dumb as he sounds – talk the line between the argot worth knowing and the mere mumbo jumbo

MET-CON

Short for metabolic conditioning: exercises that force your muscles to work harder than normal, increasing the storage and delivery of energy. **Use it** You're doing met-con today? Well, I was doing Fartlek training while your fitness guru was still Mr Motivator.

FAT-BURNING ZONE

Popularised by Ironman trainer Phil Maffetone. by exercising at low intensity over long distances vou teach your body to consume fat, not carbs, as fuel. **Use it** After reading Natural Born Heroes I've slowed my training runs

down to get in the fat-burning zone. It's shaved minutes off my marathon time.

MUSCLE CONFUSION

A technique pioneered by the smash-hit home fitness DVD P90X. which introduced unstructured workouts to beat performance plateaus.

Use it No wonder your gains have stalled, you've been doing the same workout for two months. Switch up the sets and reps; muscle confusion will totally reboot your bulking.

CATABOLIC

The process where the body breaks down muscle

instead of building it. It occurs when you over-exercise, or undereat. However, it's much harder to achieve than people think. Use it You've given up cardio because you're worried about going catabolic? Come on, three sessions a week won't do you any harm.

wod

Workout Of the Day is an acronym used by CrossFitters to describe exercise routines carried out in a Spartan (but nevertheless very expensive) gym space, AKA box. Use it Didyou hear that guy refer to his workout as a WOD and his gym as a box? What a douche.



wheels

Fixies are OK for east London towpaths. But the fitter hipster prefers to follow in the pedal strokes of this month's Tour of Britain riders, with a carbon-fibre frame as strong as it is light - ideal for sportives. or cobbles on your way to work. It even comes in on-point monochrome black. Canyon CF SLX

If the idea of training in wool leaves you feeling cold, that's the point. Merino wool is. in fact, best used as a thin training layer, as it wicks away sweat superquick and keeps you cooler than regular tees. Don't be a sheep; wear one. Icebreaker Short Sleeve Crewe £55 icebreaker.com

Bamboo cotton is formed from sustainable materials with antibacterial and heat-controlling properties. It does what your high-tech performance fabrics do, without the need for textile crosspollination, #smug BAM Athletic -Shorts £25 bambooclothing.co.uk





TIME AT

Mike Fitch, founder of Global Bodyweight Training, wants respect for #calisthenics

'd just warmed up with some

handstands at a popular street workout spot when one of the locals noticed my skills. "This one's for you," he yelled as he pulled a 360 muscle-up. He missed the bar completely - and hit the ground with a thud. Is this what calisthenics has become? A gymnastic pissing contest? There's no doubt that bodyweight training is in the spotlight, with an explosion of epic online videos. With enough time and tenacity, you might actually achieve these moves, or something resembling them. But beware skipping from noob to ninja without owning each of the 10 or so progressions along the way*. Not letting your muscles adapt is just setting you up for serious injury. The same goes for your connective tissues and deep stabilisation systems.

That superhuman skill you just 'liked' on Instagram may take a year to accomplish. Are you willing to put in the time? Until then, stick with the basics: clean press-ups, dips and pull-ups will always earn respect. After that, find a few guys (or videos) to show you the progressions. You've only got one body: learn how it works and how to use it.



GROUND ZERO
Steep 200g of coarsely ground
coffee in 2L water for 12 hours.
Strain through a cheesecloth
to avoid getting grounds in
your handlebar moustache.
Mix one part cold brew with

Mix one part cold brew with three parts milk for all the whey protein of your morning shake, a pleasant buzz and zero grit.

THE COOLEST BREW

Chill your caffeine fix, says Tap Coffee's Matthew Robley-Siemonsma

No longer does the hipster risk a scalding by drinking his coffee before it has had a chance to cool. Cold brew has a variety of benefits over hot brews: it contains more caffeine, and reduces your body temperature for a shot of extra endurance, according to research in journal Medicine & Science in Sports & Exercise. So, chill out and muscle up.



BUILD YOUR **FAD DIET**

Kale chips? Over it. Use our guide to design a vogueish plan that's actually effective

01 Choose a catchy name

A word that people generally associate with health and fitness is perfect, even if it's not obviously connected to your plan. Just ask the Warrior Diet or Paleo guys.

MH suggests The Lean & Green Diet

02 Vilify a food group

It's simple: just cut back on carbs. In a year-long study published in The Annals of Internal Medicine, subjects on a low-carb programme lost three times more than those on a low-fat plan.

MH suggests No refined carbs

03 Add a rule (or two)

Shout about the ingenious and 'crazy' rules of your new plan. Only eating off a red plate, say. Or using a big fork. The more the merrier, as long as they are relatively simple to execute.

MH suggests Both the above

04 Use some science

You need actual science, Happily, your red plate (American Journal of Preventive Medicine) and big fork (University of Utah) have both been proven to reduce your calorie intake.

MH suggests Don't eat after 8pm (Obesity)

05 Now tell absolutely everyone

Social media should be your soapbox: USC researchers say that every 10 updates will motivate you to achieve an average extra 0.5% weightloss.

MH suggests Share a photo of this post-gym meal: salmon with tenderstem broccoli, green beans and spinach

06 Abandon your diet entirely...

...then start the process again. The International Journal of Obesity found that consistently changing your plan will stop your fat-burning levelling off. And as soon as other people are following your diet it will be far too mainstream for you anyway.

MH suggests The Raw Power Diet





The trend CrossFit: box iump

This plyometric move has helped many an athlete boost their speed and power, by pushing fast-twitch muscle fibres to their limits - but only when used sparingly. Your move Shoot for 3-4 good, high leaps, not 20 cardio-style CrossFit hop-ups. Deploy them as the second component in a heavy-squat superset.

Perfect form In front of a thigh-high box, dip into a semi-squat and tense up. Drive through your legs to jump with both feet, landing on the box in a squat. Stand, drop down, repeat.

The trend Calisthenics: L-seat

The L-seat originates in gymnastics and its strength benefits are functional without being prohibitively difficult.

Your move You've probably witnessed an Insta 'barman' bust an L-seat - in a clear misuse of kids' playground apparatus. It's far better deployed as an abs finisher. Perfect form Either

grab a pull-up bar, or find some Olympic rings if you're feeling heroic, and raise your legs, keeping your core tight. Hold it for 10-20sec.

The trend TacFit: leg swoop Designed around

police and Special Forces training - but really little more than a group circuits session - TacFit can be performed poorly without supervision. Your move Under the eye of an expert trainer, the leg swoop is the bodyweight move par excellence. Nail the form and deploy as part of a bodyweight circuit. Perfect form On all fours, raise your knees from the ground. Drop your hips and swing your

torso to kick your

your left side, then

alternate sides with

right leg under

each rep.

The trend RowFIT: rowing

Rowing has had a renaissance, thanks to a new class in NYC touted as the next Barry's Bootcamp. Your move The aim

should be good form under control, not whipping your body around in time with high-tempo tunes for 40min. Learn the technique, apply for strong 10min bursts of effort.

Perfect form Your legs should be doing all the work. Think of your hands and arms merely as hooks while you keep your core tight and drive

through each stroke.

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Believe it or not, some hipsters read. These authors have serious cachet, but they also know their onions

Upward mobility

Becoming A Supple Leopard by Dr Kelly Starrett

Starrett is the rock star of foam-rolling (no, really). This detailed tome contains the keys to unlock your athletic potential – and pictures, thankfully.

Mannschaft mentality

Every Day Is Game Day
by Mark Verstegen
From the founder of EXOS,
which drills the German
football team. Verstegen fosters
the mindset, nutrition and
recovery of a winner or eleven.



Routine purchase

Fat Loss Happens On Monday by Josh Hillis with Dan John

John teams up with waist management specialist Hillis to reveal unlikely hacks such as shopping at the start of the week.

Alpha kudos

Natural Born Heroes by Christopher McDougall

The man who brought barefoot mainstream says that the ancient Greeks got there first for every fitness hack going, from movement to high-fat diets.



MENSHEALTH.CO.UK MEN'S HEALTH **97**





Double You WILL For the but High-qual lean beef 5% fat, 20 Spanish of Onion power.

CHEAT DAY JUST GOT A LITTLE BIT MORE VIRTUOUS. WITH OUR REMODELLED KING OF THE MCDONALD'S SAVER MENU



YOU WILL NEED

High-quality ground lean beef with roughly 5% fat, 20g

Spanish onion, ½, chopped Onion powder

A brioche hamburger bun Dill pickle, 4 slices American cheddar cheese

squares, 2 Ketchup, 1tbsp Mustard such as French's

Yellow, ½tsp For the shake

Good-quality vanilla ice cream, 2 cups

Semi-skimmed milk. 1¼ cups

Good-quality cocoa powder such as Green and Black's, 2tbsp

Malt drink (Ovaltine or Horlicks), 1tbsp

Sea salt, pinch Dark chocolate,

for grating

SIDE ORDER №1 **A SUPERIOR** SHAKE

Sure, it's sugary. But the dark chocolate means you're getting a good slug of antioxidants. And the sea salt balances out the flavours, so you're not just drinking an ice cream. Whizz the ingredients in a blender, pour into a glass then grate over the chocolate. Drink through a straw, obviously.

t was always going to begin here. The Golden Arches represent the graveyard of many a well-intentioned night out, where weakened men see their training goals fade into blissful greasy oblivion. And while the Big Mac may be McDonald's totemic offering, it's the 99p Double Cheeseburger that most often snares gluttonous men with its 23g of saporous fat and 445 glutinous calories.

On occasion, we love 'em, but frankly a man could do without the guilt. So Men's Health asked Mark Sargeant, Michelin-starred chef and no stranger to a backlit menu himself, to reappraise the double decker.

"Remember that everything is in there for a reason," he warns. "So the sweetness of the bun, the richness of the meat and the cheese, the sweet, sharp tang of the ketchup, mustard, onions and pickles - it's the combination of those flavours that makes it so moreish.

'That said, vou can lose a lot of the fat. A gourmet burger is thick, so you need a lot of fat in the meat so it can render out while cooking and keep the burger moist. But McDonald's patties are thin, cook quickly, and are best reproduced with very lean meat."

Ask your butcher for extra-lean mince - no more than 5% fat - and roll into two evenly-sized balls. Press flat on a piece of waxed paper until about 1/8 of an inch thick, then leave them in the fridge to rest for an hour.

Rinse the freshly chopped onion under cold water for five minutes, then pat dry, wrap in kitchen towel and squeeze out as much of the juice as you can. "This gets rid of a lot of the sharpness and gives them that slight crunch," says Sargeant. Now season your patties with salt, pepper and - your secret ingredient - onion powder for that intensely moreish, savoury flavour. Dry-fry in a hot pan for two minutes each side.

Finally, assemble your ingredients and place your double cheeseburger in the microwave on high for 15 seconds. Madness? "There's method here. It heats the ketchup, mustard and onions. melts the cheese and fluffs up the bun," says Sargeant. "The result is that same squashy warmth you get when pulling one out of a brown paper bag."

EXCUSE №2

The pickles contain gut-friendly probiotics, the sort found in some yoghurts. But this isn't a yoghurt. It's a cheeseburger.



Fast Food Redux





Fast Food Redux

The You will. For the chi Bone-in chi Chicken dru Salt, 50g Buttermilk Vegetable of List

WITH A LITTLE PLANNING AND SOME NUTRITIONAL FOWL-PLAY YOU CAN FRY UP A FEAST THAT'S FINGER-LICKING **GOOD FOR YOUR HEALTH**



For the chicken

Bone-in chicken thighs, 4 Chicken drumsticks, 4 Buttermilk, 500ml Vegetable oil

For the flour dredge

Flour, 200a Gluten-free flour, 100g Cornflour, 4tbsp Cayenne pepper, ½tsp Garlic powder, ½tsp Onion powder, 1/2tsp Sea salt, 1tbsp Smoked paprika, 1tsp Baking powder, 1tsp

For the coleslaw

A red onion, sliced A carrot, grated Red cabbage, 1/2, shredded Grain mustard, 1tbsp Mayonnaise, 3tbsp Lemon, ½, juiced A medium red chilli, finely chopped Coriander, chopped Sea salt and black pepper

igh street fried chicken was the first fast food to really find itself in hot water with the health police. Stories about mutant birds grown without feathers or beaks have become a greasy stain on Colonel Sanders' reputation. And yet an honest man would confess to a few stains of his own, courtesy of a transcendent roadside experience with a deep-fried drumstick, every moist bite a drum-roll of crisp, spicy skin and succulent flesh.

The secret to that succulence is the huge pressure fryers in the KFC kitchens, which seal the juices in the chicken. Assuming you don't have a steam engine filled with boiling fat in your own scullery, Sargeant suggests an alternative: brining.

"A couple of days before vour feast, dissolve vour salt in a litre of warm water and leave to cool." he advises. "Then submerge the chicken and leave to chill in the fridge for 24 hours. The brine draws out natural moisture from the chicken and replaces it with flavoured moisture. It changes the molecular structure of the meat to make it more dense but remain

juicy." This helps to keep the moisture of a bargain bucket, without trading in all the nutritional benefits of a healthy bird.

After its day of swimming in the brine, pluck out your protein and dry it with kitchen paper. Now put it in another clean container, cover with the buttermilk. then stick it back in the fridge for another 24 hours to tenderise some more. (This might be a good point to do some exercise.)

When you're finally ready to cook, fill a deep fat fryer two-thirds full with vegetable oil and heat to 165°C. While that's going, mix the flour dredge ingredients in a plastic bag. Take the chicken out of the buttermilk, put it into the bag and shake it like hell to coat the lot. Fry it until it's that special shade of golden brown, then leave on a wad of kitchen towel to drain off any excess fat. Put into a (clean) bucket. or eat it right there on the counter top. After three days of waiting, not even the Colonel would be offended.

SIDE ORDER Nº2 **A HEALTHY DOLLOP OF COLESLAW**

The classic accompaniment to fried chicken is a powerhouse of vegetables. Rinse the onion under cold running water for about five minutes, drain and pat dry in a clean cloth. Then just stick all the ingredients together in a bowl and mix them up. Go harder on the chilli and lemon for a fresher, fat-burning finish.

JUDICIOUS SLAW: THE TANG AND CRUNCH MAKE A PERFECT FOIL



Fat's good for you now, remember? In any case, this has 15% less of the saturated stuff compared to the takeout version.



YOU WILL NEED For the noodles Handful of baby spinach leaves Nest of dried egg Cherry tomatoes, Knorr Curry Flavour Pot, ½ Garlic, clove, fine A small chilli, fine Ginger, 1 in piece, chopped Toasted fennel see

YOU CAN TAKE THE **NOODLES OUT OF** THE PETROL STATION BUT, DONE RIGHT, YOU CAN KEEP ALL THE DIRTY FLAVOUR



Nest of dried egg noodles Cherry tomatoes, 5, halved

Garlic, clove, finely sliced A small chilli, finely sliced Ginger, 1in piece, finely

Toasted fennel seeds, 1/2tsp Garam masala, ½tbsp Picked coriander leaves, handful

For the sauce

Garam masala, %tbsp Greek yoghurt, 2tbsp Large mint leaves, 5, chopped

oodles have enjoyed a culinary renaissance of late, with long queues outside the capital's newest ramen joints and breathless blogs attesting to the clarity of three-day bone broths all demonstrating our newfound foodie affection for the Japanese staple.

All of which has precisely nothing to do with curry flavoured Pot Noodles. The "slag of all snacks" (to borrow a one-time advertising slogan) is about as Japanese as beans on toast. And let's face it, when the fridge is empty, the shops are shut and resolve is low, it's no worse for it.

Except deep down we know it is worse, and that's because of three pesky letters: MSG. It's great for intensely savoury, moreish flavour; bad for headaches, weight gain and a host of other side effects. In an authentic Japanese noodle dish, the glutamate would

EXCUSE №1

This portion of egg noodles contains 15g of protein - about the same as a prawn sandwich but with an added glutinous kick.

SHOW SOME CLASS: USE A FORK, NOT A 'SPORK'





IF YOU'VE EVER LET SELF-PITY GET THE BETTER OF YOU, THEN READ ON AND REFLECT. THESE FIVE INSPIRATIONAL MEN HAVE ALL FOUGHT EXTREME ADVERSITY TO BECOME THE BEST POSSIBLE VERSIONS OF THEMSELVES. NOW SAY GOODBYE TO T, YOU SURE AS HEL 70UR TIRED EXCUSES – BECAUSE IF THEY CAN DO I

WORDS BY PAUL WILSON - PHOTOGRAPHY BY PHIL HAYNES

MH HEROES 2015

JONATHAN FEAR - 46 THE MAN WHO FOUGHT DEATH, WON, THEN TRAINED FOR THE REMATCH

retty much every piece of kit in the gym that Jonathan Fear has built in his garage – the free weights, the exercise machines, the three punch bags, the floor, the walls – is black and white. Pretty much everything else in his life has been anything but.

Fear was born with ribs that pushed in the wrong direction, pressing his heart to one side and twisting his spine. Aged just 13, he had all his ribs broken and a metal bar placed into his chest – the first of six corrective procedures.

"When I was 17, after my second operation, I got into training to try and get some shape back and work around what couldn't be corrected. I watched people, bought videos – actual VHS it was then. Supplements were things like desiccated liver."

A pattern emerged in the years that followed: get in shape, have another operation, recover, get back in shape. But somehow, Fear didn't let this affect his motivation: "I loved training so much. Even when I couldn't do it, I was reading about it, wanting to get back to it." Then in late 1993, at peak fitness and riding his mountain bike, Fear faced yet another hurdle. "I watched as all the unfit people were flying past me. I had literally nothing in the tank, like a motor coming to a stop."

Doctors diagnosed a hindbrain hernia – a rare, lifelong brain condition. Yet more surgery followed, and two years when, Fear says, "I was like a kid again – my parents had to take me everywhere. I could hardly walk." It would be almost 10 years before he was well enough to train again. During that time, he did a degree and discovered online forums for his beloved Aston Villa. He started his own network, Vital Football, which is now one of the world's leading fan sites.

But the seemingly endless cycle of trauma and recovery continued. In 2011, Fear caught viral meningitis and was out of action for another 15 months. Fear's name belies his colossal courage. He has knocked on death's door more times than most people have visited the dentist, yet still today he's in the best shape of his life. "People don't understand why I push myself: it's for the physical and mental benefits. An awful lot can be achieved through exercise and self-determination.

"After the virus, I went down from 36% body fat to 10 or 11, where I am now. The only downside is that it's cost me a fortune in new clothes."







MH HEROES 2015





uckily, it was that arm that got blown off," says Mark Ormrod, nodding to his right. He is likely the first person to have said such a thing. The former Marine is recalling an old shoulder injury – which would still be giving him jip now. If, that is, he hadn't had it amputated after being blown up on patrol in Afghanistan, on Christmas Eve 2007.

Soon after the explosion – which only by some miracle did not end his life – he also had both legs amputated above the knee. "As a Marine, I felt unbreakable," Ormrod says, "and suddenly it was like I was made of glass.

"Then I got back in the gym. It's amazing how physical activity can change your life for the positive. At the start, I was sat there, depressed and pissed off. But then you lift a few weights and immediately feel better."

Today, he still gets the same buzz from training, working muscle groups on machines and doing treadmill sessions. He has also developed unique bodyweight routines, with and without prosthetics.

Ormrod now gives talks worldwide, both for The Royal Marines Association and as a performance coach. "At talks people hear I left, then rejoined the Marines and got blown up a year later – and they ask if I have any regrets." He pauses. "To be honest... my life would never have been like this if I hadn't got injured. Now there are constant opportunities, and I take every one of them."

—→HA FIG



RDCORE HTBACK

HOW DO YOU BUILD THE PHYSIQUE YOU WANT WHEN YOUR BODY IS DESTROYING ITSELF FROM THE INSIDE? THE ANSWER, FOR CROHN'S DISEASE SUFFERER JONATHAN BENSON, IS DISCIPLINE – AND PLENTY OF IT



JONATHAN BENSON - 33
THE WEB DEVELOPER KICKING BACK
AGAINST CHRONIC ILLNESS

t was at the end of 2001 that Jonathan Benson decided to make some changes. He was 20, smoking over a packet of cigarettes a day. Sat at his desk most of the time, working as a web developer; playing video games the rest.

"I thought, 'This is no way to live,'" recalls Benson, "and it was an overnight decision: to stop smoking, start cycling to work, eat healthy, train.

And I got into good shape." Over the next two years, his waist size dropped from 42 inches to 32.

But just when he'd started to turn his fitness around for the better, he was diagnosed with Crohn's Disease, a debilitating condition of the

digestive and autoimmune systems. There is no cure: sufferers lose days, weeks and sometimes months to fever and pain. Doctors told him he would have to have part of his colon removed and be on powerful drugs for the rest of his life. Benson told them he'd do everything in his power to prevent that from happening.

"The drugs are musclewasting and fat-promoting," says Benson, who was desperate not to see his hard work reversed. "I thought there must be another way." Nevertheless, he was too ill not to take them; unable to walk, he'd "crawl to the bathroom 30 times a day." But he decided to postpone surgery, instead researcing dietary ways to manage his condition. He found the Specific Carbohydrate Diet, similar to a paleo eating plan, and has stuck to it ever since.

Benson has the same breakfast every day: five eggs, scrambled, and half an avocado. At midday, he mixes a can of tuna with one of tomatoes, eaten with green beans. There are a handful of dinners in rotation, all of which involve vegetables and some lean protein. It sounds boring – but the alternative would be too painful to stomach.

To Benson, food is now simply 'fuel'. He's suffered three bad flare-ups of Crohn's in 11 years, but by controlling his diet with military discipline he has managed to avoid surgery and has, for now at least, come off all but one of his medications. He now goes to the gym six times a week, along with two yoga classes.

"I don't take creatine or supplements or extra protein," Benson says; "I physically can't. My pre-workout is a handful of nuts and raisins. I'm proud of that, actually."

He should be. By sticking to his routines, Benson is in fine condition on the outside and inside. "I'm not fortunate enough to be symptom-free," he says, "but I feel like the combination of exercise and diet has given me control of my life again."



MH HEROES 2015

JACK EYERS - 26
THE MODEL PT WHO BOUNCED
BACK FROM DISABILITY

By the age of 10, Eyers began to despise his underdeveloped and painful right leg, the result of a birth defect. "I was going through quite a dark patch," Eyers recalls. "My friends were talking about doing things with their lives and I couldn't play football with them any more. I realised then, actually, I am different: I am disabled."

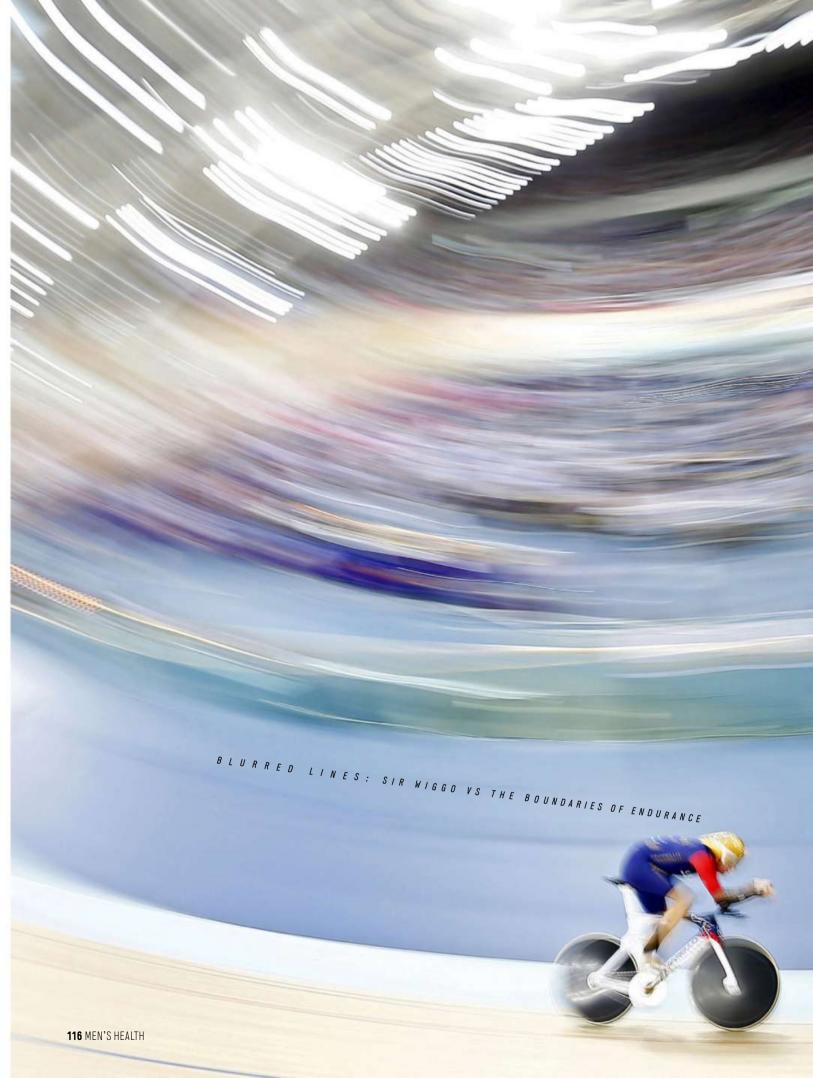
A check-up of his leg brace meant a chance meeting with Louis Brownsell, an amputee actor and stuntman. "He told me all about filming Saving Private Ryan. He'd had the same condition as me, but had his leg amputated at 16. He was my inspiration." Eyers had the operation as soon as he was of age, after which there was no holding him back. He even embarked on two years of Fire Brigade training, his prosthetic leg only failing him at the very last point.

Getting fireman-fit, however, gave him an understanding of how physical transformation changed his whole life – which led to a new calling as a PT. "I realised I was setting goals, and reaching them. When that happens, it feels great." He also took on acting jobs, like his role-model Brownsell.

Now making long-term plans for a rehabilitation facility for civilian amputees, Eyers has recently become the face of the charity Scope in a bid to raise awareness. "It's important that I'm in the public eye. People think successful disabled people are all Paralympians, or ex-military, but I'm just a PT, I'm Joe Bloggs."

Typical humility from a man who should be anything but. And you wouldn't bet against him achieving everything he puts his mind and body to.

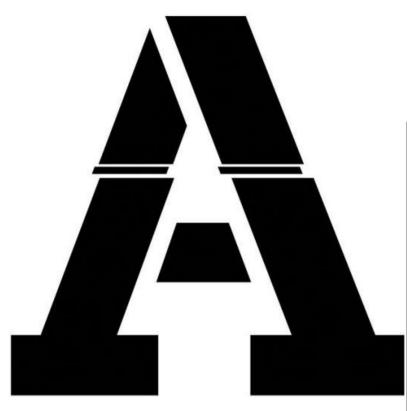




In June, Sir Bradley Wiggins undertook the most iconic solo cycling

In June, Sir Bradley Wiggins undertook the most iconic solo cycling challenge: the hour record. He set out not just to beat the old mark, but to set a target that would stand the test of time. As athletes get fitter, faster, stronger, MH asks: what is the limit of human potential?

WORDS BY RICHARD MOORE



"Few people

obliterate a

world record.

They inch it"

t 6.22pm on a warm Sunday evening the lights dim in London's Olympic velodrome. The capacity crowd cheers. Eyes focus on a ramp leading from the bowels of the arena into the track centre, the noise growing in intensity until eventually, emerging from the darkness and picked out by the beam of a spotlight, a figure on two wheels appears.

Sir Bradley Wiggins pedals onto the track and completes two slow laps with his head bowed, self-contained. Methodically

he stops, dismounts, and sits down to pull on his gold aerodynamic helmet. He climbs onto another bike, held upright in its starting gate, then stands on the pedals, pushes down and sets off. Ahead of him lies 60 minutes of

solitude and suffering. His challenge – in which he will emphatically succeed – is to break cycling's world hour record by riding further than anyone else in history.

It might seem somewhat remarkable that world records are still being broken; that there remain gains to be made at the highest level of sport. The pioneering American sportswriter Paul Gallico, writing in 1937, had the foresight to acknowledge that the records of his own day could not represent the pinnacle of athletic achievement. Even so, he felt there were physiological limits that would one day mean man could go no faster.

"Somewhere, some time, there must be a ceiling beyond which no combination

of human courage, skill, endeavour and physique can rise," wrote Gallico. Boldly, he went further, predicting a 'ceiling' of 9.9 seconds for the 100m. He was wrong, of course. At the time of writing, that ceiling has been breached on 183 occasions and one man, Usain Bolt, has run 9.58 seconds. But can somebody, somewhere, some day *still* run faster? And if so, how much faster are we talking? Nine seconds? Eight?

The question of a natural limit on

human performance is as pertinent as ever. Wiggins was one of many to take on the hour record this year, while Bolt has suggested that he might have another world beating time in his long legs, before his scheduled retirement

in 2017. Then there's the ambitious SUB2 project, launched last year and led by Brighton-based physiologist Yannis Pitsiladis, to break the two-hour marathon barrier.

What all of these people have in common is a refusal to believe that the ceiling has been reached, that theirs is the generation that can go no further, no faster. But if not now, when?

Bike to basics

A record like the hour is inevitably more complicated than Bolt's 100m sprints, or even the two-hour marathon project. It involves two elements: man and machine, body and bike. It was the fear that the balance was tilting in favour of the latter that led to a re-drawing of the hour's

rules in 2000, Graeme Obree. a maverick Scotsman whose position on his homebuilt bike resembled a skier's tuck, set a new mark in 1993. Obree was the great innovator, reimagining the bike, constantly in search of extra speed. It turned out the problem wasn't the machine but the human: the arms in particular. "If I could cut off my arms," reasoned Obree, "I'd be much faster." That wasn't really an option, but tucking them under his body, thus removing them from the airflow, was,

The record was broken, but so too – according to cycling's governing body, the UCI – were the rules. Somehow the purity of the attempt had been tarnished. The tuck position was banned. Undeterred, Obree returned as 'Superman', with handlebars raised and reaching out over the front wheel. This game of innovation and prohibition continued for months until eventually the riders lost patience and the record lost its gloss.

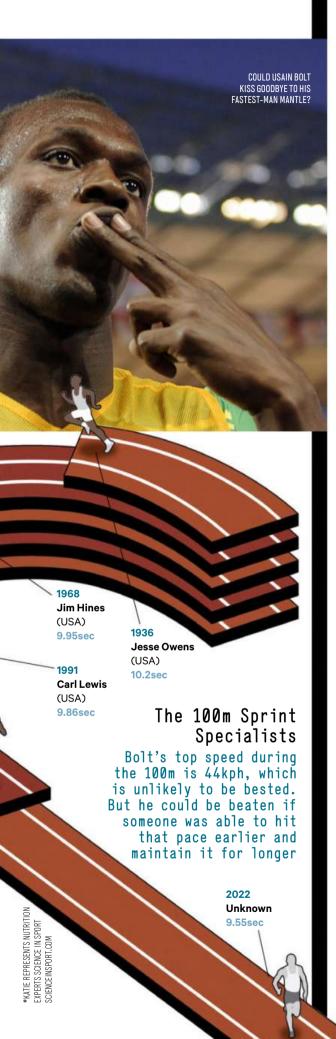
The hour lay virtually dormant for over a decade before common sense prevailed in mid 2014. Modern bikes would be allowed, ruled the UCI, as long as they conformed to certain dimensions. It sparked a rush of attempts. Before Wiggins, seven had a go, with four successful. But it was another Brit, Alex Dowsett, who established the distance Wiggins had to beat. Dowsett's record - the record - stood at 52.937km. Wiggins knew that with the right team, the right bike and the right preparation, he had it in him to lay down a new mark. One, he hoped, that would

never be beaten.

In order to reach the ceiling of his potential, Wiggins knew every part of his body, bike and mind would have to be perfectly poised. Few people obliterate a world record. Contenders are looking at shaving off seconds, or fractions thereof. To do so, you have to find tiny, seemingly



The End Of Records?



PREPARE TO RAISE THE BAR

For more-than-marginal gains on the track, start in the gym, says Katie Colclough*



BULGARIAN SQUAT 3 SETS OF 10 EACH LEG; 60SEC REST

Take your training from road to weights room for record-beating endurance. Everyone has a 'lead leg' they use when accelerating; balance it by isolating each limb. DBs at your sides, hook your foot over a bench and lower so your front leg is at 90 degrees.



SWISS BALL PLANK 3 SETS OF 10 EACH LEG; 60SEC REST

This exercise mimics your position on a time-trial bike and activates the small core muscles that help you maintain top speed. Plant your forearms on the ball with toes on the floor. Now try to hold your body still while bringing alternate knees to your chest.



WALL BALL 4 SETS OF 12 REPS; 60SEC REST

This full-body move fires up your glutes, which generate most of your power when cycling. Hold the ball with palms facing the wall and lower into a deep squat. Now drive up, explosively pushing the ball high into the wall. Catch it, then drop straight into your next rep.



SLED RUN 8 SETS OF 10M; 60SEC REST

Sprint across the gym floor dragging a sled behind you. The power you will develop transfers perfectly to cycling; focusing on 5-10sec bursts of speed can be the difference between making the break in a race and pedaling squares back in the peloton.

insignificant areas of improvement. Make enough of these micro enhancements, figured Wiggins, and maybe he could lay down an indelible mark.

Wind tunnel vision

Sir Dave Brailsford, the man who leads
Team Sky and masterminded the British
Cycling revolution, coined the phrase
"the aggregation of marginal gains".
Brailsford has studied nutrition, training,
equipment, the effects of altitude, and
most recently sleep. (His quest to improve
his riders' slumber led to putting his team
leader, Richie Porte, in a motorhome
instead of a different hotel room every
night during this year's Giro d'Italia.) But
the one constant area of improvement in
cycling remains Obree's great obsession:
aerodynamics.

The bike is one factor (for the hour record Wiggins's machine was engineered by Jaguar and built by Pinarello, and reckoned to be worth a 7.5% aerodynamic gain), the position another, with clothing a third. For his attempt, Wiggins donned a skin-suit made of the same rubberised material as those worn by the all-conquering British cycling team at the 2008 Olympic Games. On the morning of Wiggins' attempt even his trademark

facial hair was missing on the advice of his aerodynamics specialist Dimitris Katsanis. Marginal gains, indeed.

To better understand the importance of aerodynamics I meet up with Chris Boardman, Obree's great rival and a previous holder of the hour record himself. Reaching for his phone, Boardman begins scrolling through images. "Look at this," he says. "I love this picture." It shows a split screen: on one side a large egg-shaped object, on the other a cross-section of a small round cable.

"Which object has more drag?" asks Boardman. It seems impossible not to believe that the smaller of the two objects would be quicker through the air. Boardman shakes his head: "It's all about shape, not size, and managing air flow. So a very small piece of round cable has the same drag as a trout. When you realise that, and you start to realise the implications of things like losing weight... If you lose 2mm off your entire silhouette, the impact of that on aerodynamics is significant – and measurable."

For now, then, with increased knowledge comes increased room for improvement. As new technology allows athletes to employ power more efficiently, there are more records to be broken. But

there's a limit to how many millimetres you can shave off someone's silhouette. You can change the shape and size of a human body on a bike, but only within certain parameters. Technical advancements have taken us so far, but many believe that the time will soon come when physics alone will no longer provide athletes with the necessary edge.

Running out of times

Usain Bolt is another man well acquainted with marginal gains. On a visit to Jamaica I meet Bolt's coach, Glen Mills. He is obsessed with biomechanics, using video analysis to study his athletes' movement and work on their defects. In fact, Mills is so good at perfecting his charges' technique that experts claim to be able to spot one of his sprinters a mile off. "Their feet just kiss the ground," purrs Dennis Johnson, the world's fastest man in the early '60s and the 'architect' of Jamaica's sprinting programme. "They don't look haggard, they look like they're dancing."

Bolt clearly has significantly greater resources to call upon than his forebears, from the unparalleled knowledge of his coach to the equipment at his disposal. Yet the reason he believes he can continue to go faster is not down to science and engineering. He maintains that, despite his talents, he is still to execute the perfect race, one in which he would award himself full marks in the five phases of sprinting: start, block clearance, acceleration, maintaining top speed and deceleration. In every sport there are different components to break down, analyse, improve upon. It is a cruel but necessary irony that those at the pinnacle tend to identify flaws rather than see perfection.

Not everyone agrees with him, not least Johnson, who believes it is the improvement in track conditions, race footwear and timing methods that have caused the most significant reductions in times. But Bolt has an unlikely ally (at least in principle) in the shape of physiologist Pitsiladis. He believes that Bolt's 100m world record, set in Berlin in 2009, can and will be beaten in the near future by focusing on an underexplored and underexploited part of the modern athlete: his brain. "I will get a sprinter below 9.55 seconds," he tells me matter-offactly. But first, he has a more immediate ambition, to support a runner to break two hours for a marathon.

1964 1953 **Basil Heatley** Jim Peters (UK) (LIK) 2:13:55 2:18:40.4 The Ultimate Marathon Men The expert-led SUB2 project claims it will coach an athlete to run a marathon in under two hours within the next few years 2014 Dennis Kimetto (Kenya) 2:02:57 Mind games There is currently as much interest in the two-hour marathon as there was around cycling's hour record earlier this summer. though the landmark time was identified Unknown as long ago as 1991, by American academic 1:57:58 Mike Joyner. Without setting a date for

it, Joyner calculated that the ultimate human performance over 26.2 miles would be 1 hour, 57 minutes, 58 seconds. The two-hour marathon, he insisted, was a case of when rather than if.

Pitsiladis agrees. What's more, he does put a date on it: 2019. Pitsiladis' approach will be to surround his chosen athlete with experts in every imaginable field, but most crucially psychology. Whether it is cycling 55km in an hour, running a marathon in less than two hours, or sprinting 100m in 9.55 seconds, each mark seems outlandish, impossible even. And that is a large part of the problem: the perception that such performances are out of reach. This phenomenon is known as "programming" - the idea that elite athletes are as susceptible as anyone else to imposing limits based on what they perceive to be possible.

2008

Haile

Gebrselassie

(Ethopia)

2:03:59

At the 2009 swimming world championships, world records tumbled when swimmers wore new non-textile suits. When the suits were banned in 2010 it was assumed that times would revert to where they had been. It didn't happen. The bar had been permanently raised. Even in their old textile suits swimmers

120 MEN'S HEALTH MENSHEALTH.CO.UK

The End Of Records?

carried on breaking world records.

Gallico also identified this, claiming that any new record "immediately changes the mental attitude of the athlete toward the task of wrecking it further."

Pitsiladis' SUB2 project is already on the hunt for an up-and-coming talent to coach below the evocative twohour barrier. (The theory being that reprogramming an already elite runner would be nigh on impossible.) "The mental side is absolutely essential." he says. "When I worked with athletes like Haile Gebrselassie and Kenenisa Bekele, they were able to push themselves to their absolute limit. That is their limit based on the preparations that they've done. With

will open and "could completely change the way we look at sport". Pitsiladis isn't saying that there is no ceiling, just that it's higher - much higher, maybe - than we can currently imagine.

Breaking point

On the evening of Wiggins' hour challenge the temperature inside the velodrome is hotter than he would have liked, with an air pressure of 1036 millibars (meaning thicker air which is harder to displace, requiring more effort). But his preparation has been precise and he

his bike, enabling him to keep spinning his hairless legs (another marginal gain) at 103 to 104 revs per minute. Wiggins sets off with his head down, eyes locked on to the black line looping around the track. The times are remarkably consistent:

compensates by reducing the gearing on

around 17 seconds per lap, every lap, for 50, 100, 150 laps. It's only in the final 15 minutes that the effort starts to tell. Wiggins does well to hold his aerodynamic position, but his coach, Heiko Salzwedel, can tell he's in trouble. The first sign is that his face turns red. Then his pedal stroke becomes more laboured. The fatigue begins to show in his eyes, which betrays an increasing sense of desperation. "I saw his face, he was struggling," Salzwedel tells me after the ride, saying that Wiggins was fighting so hard that his vision went blurred. "He could not see the black line. But it shows what a great athlete he is, that he can dig so deep."

A SHAVED-DOWN

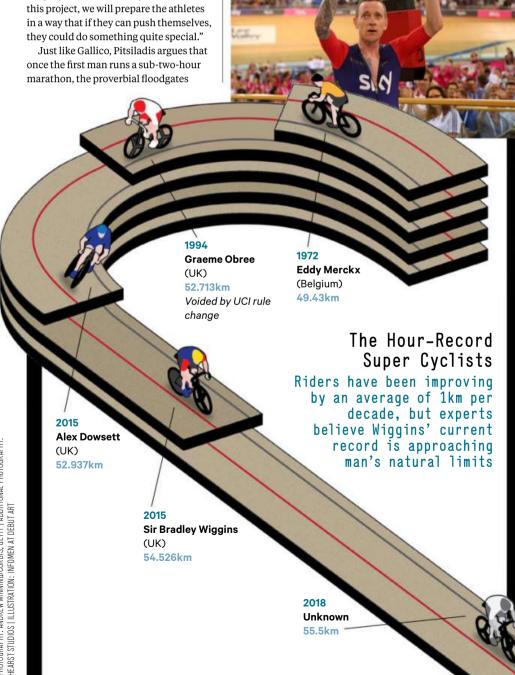
BRADLEY WIGGINS

BEAT THE HOUF

After 218 laps and 54.526km a gun fires to signal that an hour has elapsed: Wiggins has broken the record. "You could see he was in distress," says sports scientist Mark Walker. "He held his bike up, but you could see in his eyes that he was wasted." Wiggins later compares the ordeal to childbirth. "The difference," says Walker, "is that once a woman is in labour there's no stopping it." Wiggins had the choice to give up every second of the way.

Most leave the Olympic velodrome ecstatic at having witnessed a world record. Yet Wiggins, with his elite athlete's mind and his realisation that it hadn't been the perfect ride, is contented rather than elated. He appears afterwards in a black top embroidered with the new distance: 54.526km. For Wiggins it lacks the magic of the number '55', which he had fixed his sights on. "It's perhaps not as far as I dreamed or hoped but I'm satisfied," he says. "I couldn't have done any more today."

His demeanour is reminiscent of Usain Bolt at the Beijing Olympics when he set a new world record in the 100m having coasted the last 10. Bolt couldn't allow himself to be happy with the time, because he knew he could have gone faster. A year later in Berlin he did. Next year, he might once more. In the aftermath of his ride Wiggins insists that he would not have another crack at the hour record. But he knows that others will. And he knows that one day it will be broken.





THE DRIVE TO SUCCEED

WHAT'S YOUR DREAM JOURNEY? AND DOES IT REALLY HAVE TO INVOLVE A PILOT AND A PAIR OF WINGS? MEN'S HEALTH TOOK FOUR FREQUENT TRAVELLERS AND UPGRADED THEM TO THE OPEN ROAD COURTESY OF THE NEW BMW 3 SERIES







GROUND CONTROL

For his most recent assignment, learning to fly a microlight over the Scottish Highlands, Jonathan bypassed the more obvious aircraft up from London. Instead, he opted to travel by road, taking the new BMW 3 Series Saloon north of the border.

"To be honest, driving up to Scotland made a really pleasant change to the usual airport dash," says Jonathan. "I didn't have to worry about how much baggage I was taking or what time I was checking in, I could simply enjoy the drive. It was beautiful too: the car just devoured the miles up to Perth, taking the corners on the smaller Scottish roads like it had rehearsed them in advance and secretly stored them in an onboard computer. I was almost sad to get to the aerodrome; I just wish the microlight had been as easy to handle."







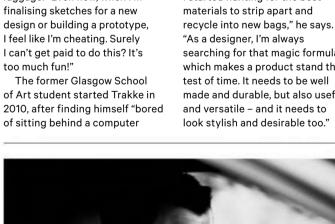
AN EYE FOR DETAIL

ALEC FARMER
FOUNDER OF ADVENTURE LUGGAGE COMPANY TRAKKE

love my job," says Glasgowbased Alec as he prepares for a trip into the countryside to test his latest range of luggage. "Even now, when I'm finalising sketches for a new design or building a prototype, I feel like I'm cheating. Surely I can't get paid to do this? It's

of Art student started Trakke in 2010, after finding himself "bored screen and desperate to make something with my hands.

"I realised that I had a passion for British manufacturing, so I started hunting for the best searching for that magic formula which makes a product stand the made and durable, but also useful











DESIGN IS EVERYTHING

"I need to be able to stand by my product and to do that, I need to test it thoroughly first," says Alec.

His trips out into the countryside, in what he calls the "amazing wilderness" around Glasgow or the hills of rural Derbyshire where he grew up, are all-important. That's why he needs a car

he can rely on: to carry him to inaccessible places fast and without fuss. "The BMW 3 Series Touring has room to swallow all of the kit I need, but also handles extremely well. It nails that design sweet spot we're all aspiring to, between function, appearance and performance."



WATCH ALEC PUT HIS RANGE OF TRAKKE BAGS TO THE TEST IN GLENCOE AND RECLAIM HIS JOURNEY AT MENSHEALTH.CO.UK/BMW







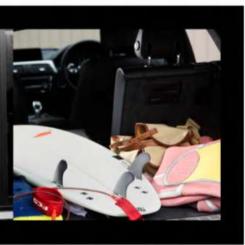
MADE TO LAST

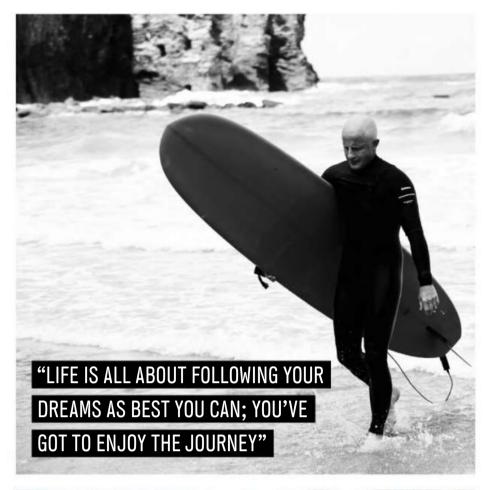
"I live in a beautiful part of the world," says Tom of his home on the north Cornwall coast. "For me, freedom is about being able to engage with that world as much as possible. Some of the roads down here are absolutely spectacular; it's a real pleasure to drive them in the right car. All around you are hills and fields and cliffs, as well as the sea itself. Sometimes when I'm driving, I'll take detours down tracks just to see what's there, just to explore.

"What drives me is being able to engage with that environment as fully as possible," says Tom, as he slides his surfboard and wetsuit into the car boot. "What I'm looking for in a car is a certain type of character. It's very important that it fits my lifestyle – and is tough enough to face whatever that lifestyle throws at it.

You could say that a good car is like a good surfboard: what it comes down to is smart design. I'm talking about products that are built well, built to last and built for purpose. And this car is most definitely all of those things."













A ROUTE TO SUCCESS

TOM MARCHANT

CO-FOUNDER OF LUXURY TRAVEL COMPANY BLACK TOMATO

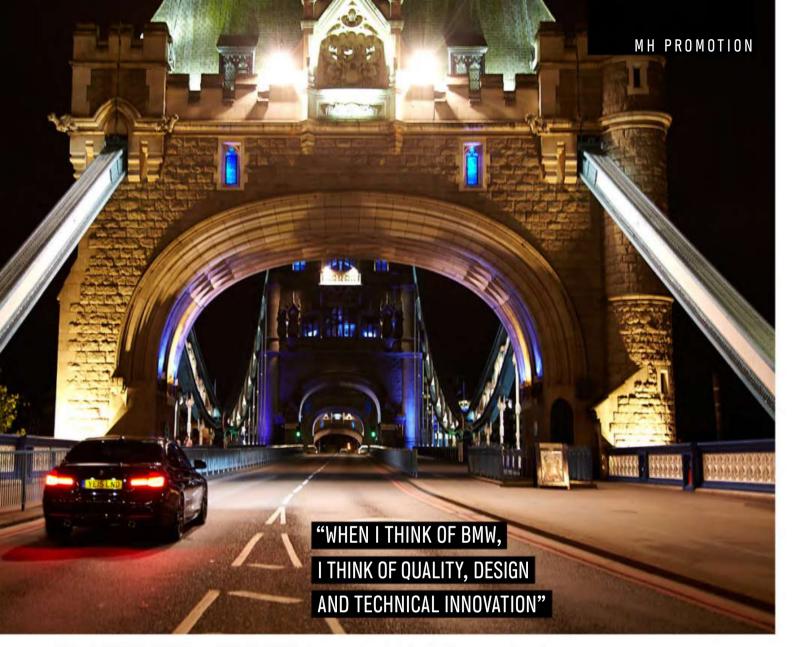
"

dventure travel is about challenging yourself," says Tom Marchant, co-founder and owner of the hugely successful Black Tomato Group. "That's the driving force behind our company: it's about putting yourself in a new space, getting outside your regular comfort zone and seeing how you operate there." It's a role that sees Tom travel frequently, from his home in New York City to new destinations every year – not to mention business meetings back in his native London.

"The journey to me is incredibly exciting; not knowing what is next, but being thrilled by all the possibilities," says Tom. "Often the best thing that's going to happen to you is right around the corner – you just don't know it yet."

That fearless optimism fuels Tom and his expanding business alike. "At Black Tomato, our aim is to encourage and then indulge our clients' travel curiosity," he says. "It's our belief that the world may have been discovered, but it hasn't been fully explored."









NIGHT RIDER

"I grew up in a family of BMW drivers," says
Tom. "They were the cars that took us on long
journeys through Europe that sparked my love
for travel. Today, when I think of BMW, I think
of quality, design and technical innovation,
but I also remember those journeys and
that youthful sense of hope and excitement.
However short my visits home, I always try
to get behind the wheel and experience that
feeling as much as possible, day or night.
What's the point in taxis when you can drive
yourself and enjoy it twice as much?"

WATCH TOM NAVIGATE THE PRE-DAWN STREETS OF LONDON AND RECLAIM HIS JOURNEY AT MENSHEALTH.CO.UK/BMW





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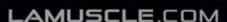
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EDITED BY DAVID MORTON











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MICROWAVE MUSCLE #11

PEANUT BUTTER MUSCLE CAKE

This six-minute meal requires minimal effort and provides maximal protein, plus you get to eat a cake for breakfast

TIME TO MAKE 6 MIN PROTEIN 36G

CALORIES
490
SAT FAT
13G

YOUR BODY DESERVES MUFFIN BUT THE BEST YOU WILL NEED...

- Ground almonds or oat bran, 2tbsp
- Vanilla protein, 1 scoop
- A whole egg
- Baking powder, ½tsp
- Peanut butter, 1tbsp
- A ripe banana, smashed



0-1MI

Bear with us here because this is a bit complex. Stick everything in a bowl, grab a spoon and mix it like a madman. OK, not that complex in the end.



1-3MIN

Now rub the inside of a large mug with a smear of oil, then fill it up with your batter. Stick it in the microwave and cook on high for a minute and a half.



4-6MIN

Take a look, rotate and cook it for a further minute or so, if needed. Eat straight from the mug and don't keep those hungry muscles waiting.



PROTEIN SHAKES

JALAPEÑO & LIME TUNA MIX

Tinned tuna is dry and dull. Liven it up by whipping up a bagful of Mexican flavour and you'll also bring a host of health benefits to the party. Arriba!

HOW TO MAKE IT

BLEND a small jar of jalapeños, juice of 3 limes, coriander, a garlic clove, 1tsp each cumin/paprika, squeeze of honey. POUR the mix into a sealable bag with the tuna and give it a shake. SPOON over slices of brown bread and enjoy.

JALAPEÑOS



BURN OFF CARBS

Peppers are more than just nature's fatburners (which would be good enough). Jalapeños are also a source of manganese and B vits, to help you metabolise carbs.

CORIANDER



CURB HYPERTENSION

Multiple studies have linked this love-it-or-hate-it herb to lower blood pressure. It'll offset the rise in BP from the salt in that briny tuna, while adding a kick of flavour.

TINNED TUNA



MAKE SIZE SIMPLE

Sinking a whole tin will provide you with 42g of lean protein, which is better (and cheaper) than any powder. Keep it to two tins a week to limit your mercury intake.

UNBOX YOUR BODY'S FULL POTENTIAL

There are few pieces of kit that can match the simple plyo box for durability, and even fewer bodyweight moves that can't be upgraded with its help. This routine combines muscle-building staples with plyometric movements for size and power in equal measure. Perform twice a week to make leaps and bounds in your performance

01 1

BULGARIAN SPLIT SOUAT

4 SETS OF 10 REPS EACH SIDE

Place your right foot on the box behind you. The higher your foot, the tougher this'll be. Bend your left knee and flex at the hips till your right knee brushes the floor (A). Drive upward to the start position (B). Counting in a comedy accent is not encouraged.



03 (1) LATERAL BOX JUMP

3 SETS OF 20 REPS

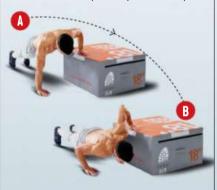
Hip flexors are key to multi-directional movement, ie. any sport. Stand side on to the plyo box, 6-10in away. Drop into a quarter squat (A), then spring up and to the side, knees high (B), so you land safely on the surface. Reverse.



02 4 5 0 **MULTILEVEL PRESS-UP**

4 SETS OF 12 REPS EACH SIDE

In the press-up position, place your closest hand on the box (A). Lower your chest toward the floor by bending at the elbows (B), then use your chest and triceps to extend your arms explosively. You'll thank us when one-arm press-ups come easy.



04 👽 🗇 🚱

3 SETS OF 30SEC EACH SIDE

Face the box and lift one knee up to your chest. Tap the ball of your foot on top of the box (A). Return it to the floor while lifting your other leg, tapping with your other foot (B). Do this as much as you can in 30sec, then take a 60sec break.





136 MEN'S HEALTH MENSHEALTH.CO.UK



05 1 FLEVATED KNEE TOUCH

3 SETS OF 12 REPS EACH SIDE

In the press-up position with feet resting on the box (A), keep your core braced and draw your left knee forward to touch the back of your left elbow (B). Slowly return.



070

3 SETS OF 12 REPS

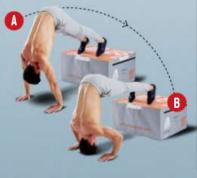
With hands on the box behind you, stretch your legs out in front (A). Lower your glutes to the floor by bending at the elbows (B). Squeeze your triceps to push yourself up.



O9 O O D
PIKE PRESS-UP

3 SETS OF 8 REPS

Pivot back at the hips so your glutes are raised and your arms form a straight line with your spine (A). Bend at the elbows and lower your head to the floor (B).



0600

BURPEE BOX JUMP

4 SETS OF 20SEC, 10SEC REST

Place your hands on the floor and legs in a plank position (A). Hop your legs in, come up into a shallow squat and use your arms to propel yourself into a box jump (B).



08@@@ PISTOL SOUAT

4 SETS OF 10 REPS EACH SIDE

Hang your right foot over the side of the box (A). Bend your left knee, raising your right leg. At 90 degrees, squeeze your hamstrings and glutes to return to standing (B).



10 10 **DECLINE SIDE PLANK**

2 SETS OF 20SEC EACH SIDE

Just one more bridge. Lie on your side and stack your feet on the box. Prop yourself up with your elbow (A) and squeeze your glutes to raise your hips (B). Hold for 1min.

SPEC



RESULTS IN DAYS

LEVEL **MED**

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20g PROTEIN PER BAR



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ONY IF

CHECK INTO PREHAB

Diving straight into barbell squats might impress the bros, but it's a fast track to the physio.

Take prehab seriously by doing single-leg squats supported by the TRX handles before attempting any lower-body lifts, and do incline press-ups to mobilise your rotator cuffs before hitting the bench.

ADD MORE HORSEPOWER

You could join the yummy mummies jogging with buggies in the park. But for strongman muscle, wrap a TRX around your car's tow bar then work your quads by walking backward, pulling the vehicle. For hamstrings and glutes, face away from it, sink into a squat and drag your 'sled' behind you.

DEEPER IMPACTFlexibility has rightly become a gym bro

buzzword. No matter how much you pack on the barbell, your squat won't fly unless you're getting 'arse to grass'. Boost mobility by sinking into a squat while holding on to the straps, and gradually open up your hip and ankle mobility without risking injury.

GET A GRIP

Hang on tightly during a single leg squat and your shoulders will take the weight and add stability, making the move easier. Instead, grip the handles lightly with two fingers. Your legs will have to work harder, but you'll avoid any awkward falls that could find their way on to YouTube.



CALL FOR BACK UP

Inverted rows under the squat rack will do little more than upset chaps on their monthly leg day. Instead, hang under a TRX and plant your feet against a wall, with your body suspended. It engages the major muscles of your posterior chain and hits your core as you try to stop your hips sagging.

TEE THINGS UP

Weak warm-ups are Kryptonite to your gains.
To develop back strength, with the V-shape to match, start with TRX Ts. Holding the straps above you, slowly fall backwards until your arms form a 'T' shape to prep your lats and shoulders.

lats and shoulders.

STABLE GAINS

Smash your bench press PB by doing press-ups with your hands in a TRX. Instability works the smaller muscles in your shoulder joint, which usually lie dormant when you're repping with a barbell. After six weeks, you'll create a pattern that incorporates your shoulder stabilisers into every push move.

SPIN TO WIN

The rotational power of your core has a lot of potential for strength but is often under-developed. If you want more power on court and on the green, you need to do the twist. In a press-up position, feet in the TRX, swivel and alternately lift your knees toward your elbows.

EXPERT David Kearsey

EXPERIENCE You can't build a new body if it's broken.

Kearsey is a champion of strength exercises that pre/rehab your muscles at the same time. So relax.

CONTACT ten.co.uk

elements you wouldn't often work on together. This means you can step it up when you fatigue, rather than grinding it out. Take 2-3min rest between moves and leave everything on the gym floor by the final set

01A

narrow. Holding dumbbells, draw back your shoulders and keep your core braced (A). Walk forward 20m, resisting the temptation to round your back (B), then give yourself 60sec rest before repeating.

upper chest with palms up. Lower into a sitting position by pushing your hips back and down (A). With thighs parallel to the floor, drive up through your legs but stop 2-3in off full extension (B).







MENSHEALTH.CO.UK MEN'S HEALTH 143

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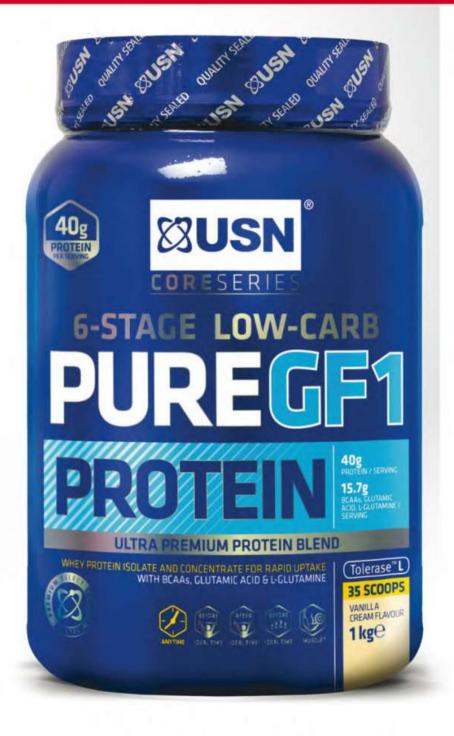
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FIRST GEAR #09

PERFORM AND FUNCTION

CrossFit is meant to hurt. But armed with a few pieces of the right gear, you can walk tall out of your first WOD while others crawl. This is the kit you need to play the 'sport of fitness' and get through AMRAP





GET IT ON TAPE

Going in sore is not a good start. Kinesiology tape supports your muscles without restricting movement. You'll need to move a lot, after all. RockTape £12.50 wodbox.co.uk

BOX-JUMP FRESH KICKS

Functional fitness calls for more than your usual spongy gym shoe. The Nano's sole is flat for lifting stability and shock absorbent for plyos.

CrossFit Nano 4.0 £65 reebok.co.uk



сенваль



Don't go into Olympic lifts without back-up. This belt is developed for optimum stability, and the neoprene warms up to increase blood flow for further protection. Rehband power line belt £80 kitbox.co



The built-in shin padding protects your legs when performing heavier lifts. Skinsaving stuff



BANISH BLISTERS

Office life doesn't prep your hands for hardcore training. These sleeves protect your fingers and, unlike gloves, won't stink out your kit bag to boot. Jaw finger sleeve £8 kitbox.co





These lifting socks support and protect your joints while you perfect new movements and offer a bit of calf compression on longer-form workouts.

CrossFit weightlifting sock £12 reebok.co.uk



CROSSFIT KIT

•••• PUT A RING ON IT

Master your muscle-ups. Plastic handles offer better grip than wood, and the buckle allows easy adjustments to deploy them inside the gym or out. **Bulldog rings £35** kitbox.co

THE TRICK TO STICK

It's not as theatrical as a cloud of powder, but this liquid stick delivers better grip and protection against sweaty palms - never clever with a barbell overhead. Liquid chalk £6 myprotein.com

O COMPRESS YOURSELF

These shorts are specially designed to reduce muscle vibration and soreness for better endurance. Great news when the box pro calls for one more round. A200 shorts £50 skins.net



MYPROTEIN

LIQUID CHALK

WIN THE WRAP BATTLE • · · · · · · · ·

Keep your money makers safe with lifting straps. They'll help you avoid missed sessions and the inevitable office jokes that come with any wrist injury. KGB strength wraps £20 wodbox.co.uk



clock with agile gear. Choose cord over velcro fastenings and you can adjust wrist supports quickly between each set

YOUR CORE CURRICULUM

Functional fitness focuses on three main move patterns. James Taylor, lead coach at BearWolf Training, helps you lay the foundations that will propel you to the top of the box whiteboard



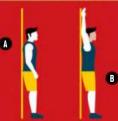


PULL THE CORD

Stay on top of the

DEEP SQUAT

Plant your feet wider than shoulder width (A) and sink into a full squat while holding on to a rail (B). It'll support your weight to take pressure off your joints but boost hip and ankle mobility that will transfer to your workouts.



WALL PRESS

Stand against a wall (A) and press your arms above your head (B). Keep your arms and lower back against the wall through the whole rep. Beginners often lack the mobility to stop their lumbar arching, which overloads the lower back.



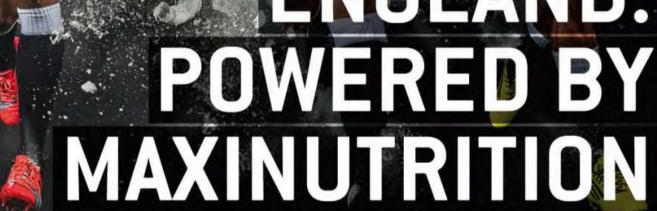


HIP HINGE

Another move to build the mobility you need to protect your lower back. Stand with feet at shoulder width and a flex in your knees (A). With an unweighted bar across your back, hinge forward at the hips as far as possible without arching (B).









To overcome your greatest physical challenge, preparation is everything. MaxiNutrition is the UK's #1 expert recommended sports protein brand and provides you with scientifically proven, high quality proteins to help maintain and build your muscles.

maxinutrition.com/rugby

*Qualified UK sports nutrition experts surveyed. MAXINUTRITION, PROMAX, PROGAIN, CYCLONE and the Star Device are registered trade marks owned by or licensed to the GSK group of mpanies CHGBI/CHGMX/0220/15a



CLEAN UP YOUR GUT WITH A DOG'S DINNER

As any nutritional hipster worth his salt knows, fermented veg is where it's at. This lip-smacking Kimchi Dog from Soho's Top Dog is a perfect piece of handheld cheat day protein, built to aid digestion and boost immunity

20MG PRESSURE-REGULATING POTASSIUM IN MOOLI RADISH. SO PUT YOUR FEET UP



WHICH YOU CAN DO **TOMORROW**

> **GET THE BEST** BANGER FOR YOUR BUCK

KIMCHI DOG

INGREDIENTS

- Beef hot dog
- Kimchi, 50g, sliced
- Sauerkraut, 50g • Mooli radish, 1/4
- · Gluten-free bun, sliced
- Sriracha sauce
- · Sesame seeds, pinch
- Coriander, sprig

METHOD

Grill the sausage on a mediumhigh heat. You're after a bit of char on all sides. While that's sizzling, mix your kimchi with the 'kraut and cut the mooli (a type of radish) into thin

strips. Pop your dog in the bun, then layer over the kimchi and kraut before drizzling it with sriracha. Top with the mooli, sprinkle with sesame seeds and the coriander, then scarf,*

25% YOU SNAFFLE A **OUARTER OF YOUR** RDA OF VITAMIN C WITH THIS PORTION OF KIMCHI



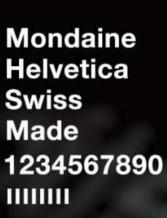
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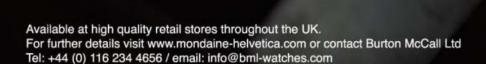








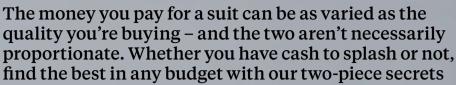






The Whistle Blower





Photography by Simon Lipman • Styling by Eric Down • Words by Tom Banham



Under £400

Starters for a ton

It's quite possible to look sharp on a shoestring, but there is a sticking point. "Many suits at this price will be 'fused'," says Simon Crompton, author of Permanent Style. This means the horsehair canvas between the inner and outer layers is glued in rather than sewn, so it won't mould to your body as well. Feel a loose piece of material between the layers by the front buttons? Bingo. No? Buy an umbrella: "If a fused jacket gets wet, the surface can bubble." Always opt for robust fabrics such as wool, too, says Nick Keyte, head menswear buyer at John Lewis they'll last longer than so-called 'luxury' fabrics at this level. And that lining will likely be artificial, so check it's breathable viscose to avoid sweltering. "As a rule, the less polyester, the better bet."



£400-£800



As the price rises, so invariably does the S number - eg Super 100 wool instead of Super 80s - which indicates a finer fabric and a better drape, says Keyte. For this money, you should be getting one of those 'floating' (read: stitched) canvases rather than fused. Hey, maybe even a fancy 'piano facing lining', which curves around the inside pocket. Your (now emptier) pockets might be made of more resilient cotton, not man-made fabrics; and you might even get sidefasteners, which don't interrupt your suit's clean lines or cinch the fabric. But before you get too jazzed about unfastening cuff buttons - oft touted as a badge of quality - you should consider that "they only cost an extra £10 to add, but can mean a mark-up five or 10 times that," says Crompton. And even on bespoke suits, only the bottom two tend to work. Nothing up your sleeve is just a figure of speech.



Coat £975 Richard James Rollneck £120

Tommy Hilfiger
Pocket square £35

Hardy Amies

Document holder
£780 Canali

Watch £1855 Montblanc

Shoes £350 Paul Smith



Jumper £235 Johnstons of Elgin Glasses £115 Eye Respect

Pocket square £50 Richard James

Umbrella £65 London Undercover Bag £1090 Tod's Shoes £450

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A Time And A Place

Whether you're timerich or strapped for cash, a watch to wear with a suit should be tailored to match it

nless your HR department is enlightened enough to supply you with a standing desk, it's likely that your feet will be hidden for most of the day. Even so, I'm willing to bet that over half of you spend more on your shoes than the accessory that's most visible, most of the time: your watch. Wearing a plastic sports timepiece with your two-piece is the male equivalent of those women who march from station to office in power suits with trainers. This, it should hardly need stating, is not a good look.

So it's high time your wrist was appropriately attired. That means clean and classical, slim enough to fit comfortably beneath a tailored cuff and always with a dark or neutral dial. Like holidays and engagement rings, your timepiece should always cost as much as you can afford. But even if your budget doesn't stretch far beyond Ryanair flights, the choice available has never been better.

Seiko, in particular, is highly credible among watch snobs but also highly affordable, with a range that runs from super-precise quartz up to Swiss-rivalling 'Grand Seiko' mechanicals. The catchily named **Seiko SRN047P1** (£219) ① from the Japanese manufacturer's Kinetic range is a well-proven hybrid of the two, with brains to match its classic beauty: principally a winding rotor that keeps the battery permanently charged.



Further up the threads count, Raymond Weil will cut the mustard paired with anything from off-the-peg suits to bespoke Savile Row, being a well-respected Swiss brand made in the traditional, rigorous fashion. Less than a grand affords you the **Raymond Weil Maestro** (£995),

2 with rose-gold plating for a dash of Gordon Gekko flash and a proper, handassembled mechanical movement inside: no battery or quartz, just finely crafted wheels, springs and cogs. It's masterful enough to impress even the masters of the universe in the boardroom.

Gekko himself wore an all-yellow-gold Cartier Santos, to which we shall turn



Alex Doak
Our man with
the best-dressed
wrist opines on
the relationship
between your
timepiece and
threads

At the upper no-limits of tailoring, however, you should be thinking bluechip horology - and even watch naïfs will be right in thinking Patek Philippe at this point. The aspirational brand mystique, the unmatched quality of handcraftsmanship, the heirloom or even auction-room potential - Patek really is the ultimate corner-office wrist candy, and the Patek Philippe Calatrava 5196J (£13,200) of is the one you want. Arguably the most perfect distillation of a classic three-handed round watch, it doesn't so much scream "I've made it" as whisper it. Just don't drown it out by changing into your Asics for the journey home.

The tick list What to look for in a dress watch



The Case
Rectangular or
round, in steel,
gold and similar
coloured metals



Strap Leather or metal bracelet; never nylon or rubber



Functions
Keep it simple,
technophiles –
time and date
are all you need



The Dial White, black, silver, blue or cream. That's your lot, really



Waterproof
Unnecessary,
unless you
are rocking
a wetsuit



Budget
As with shoes,
pay as much as
you can afford
(within reason)

Your Six Steps To A Cut Above Ultimately, it doesn't matter what you spend on your whistle: a good suit is made or slaved by the cut of your illing.

Ultimately, it doesn't matter what you

Words by Tom Banham • Illustration by Alconic

01 Shoulder



Too small X Your shoulder pushes against the sleeve or wrinkles over the triceps.



The shoulder seam juts out or fabric collapses

Too big 🗶 down your arm.

Can it be altered? No



Just right 🗸 "You should be able to see the line of your shoulder," says tailor Edward Sexton.

02 Collar



Too small X Look for folds beneath your collar where the fabric's stretching.

between your suit and your shirt collar.

Can it be altered? Nope



Just right 🗸 Your suit collar sits flush against your shirt. Stand naturally or the fit will be off.

03 Sleeve



Too small X The seam where vour shirt cuff attaches to the sleeve is visible.



Too big 🗶 You can't see any shirt at all, so you look like you're in your dad's suit.

Can it be altered? Yes*



Just right 🗸 You can only see half an inch of your shirt cuff when your arm is at your side.

04 Closure



Too small X The lapels crease out, fabric at your chest wrinkles, or the hem flares.

Can it be altered? Yes, within reason



Too big 🗶 The lapels don't touch your chest; no gap between body and arms.



05 Trouser Seat



Too small 🗶 Pockets resemble Gary Lineker's ears as fabric wrinkles from fly.

Can it be altered? A little**



Too big 🗶 U-shaped folds down both legs mean you need



Just right 🗸 With hands in your pockets, you don't reveal your boxer brand or which side you dress.

06 Trouser Cuff



Too small X You notice that your ankles feel cold when you are standing upright.



Too big 🗶 Your trousers puddle on your shoes and the hem frays through wear.

Can it be altered? Yup



Just right 🗸 A dimple forms at the front where they hit your shoe; they hang straight at your heel.



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Q1\

Forget carrots. The best salad base for improving your vision is...



C This peppery leaf is packed with lutein and zeaxanthin, which the American Optometric Association found have eye-protecting properties. See the benefits with a handful a day.

Q2\

Which of these superfoods can sharpen your backhand topspin?



B Caffeine may heighten your senses, but magic beans make a giant difference. A Uni of Paderborn study found edamame's phosphatidylserine increases the accuracy of sporting movements by 15%. Expect a pod-ium finish.

Q3\

A daily bulb of garlic cuts your risk of prostate cancer. But by how much?



20%



C Alliums (that's botanists' speak for garlic and onions) halve your risk, says the National Cancer Institute. Uncooked garlic is best; if you can't stomach that, make up your daily quota with a spring onion salad.

Which of the following can help you absorb more anti-cancer carotenoids?



Fruit juice



Cheese



Quinoa

B Good news if you're keen on your cheddar: Ohio State University found that carotenoids (the life-lengthening wonders in green and orange-coloured foods) are absorbed in greater amounts when taken with fats. Think olive oil, fish – or molten cheese on your sweet potatoes.

Q5\
How can a pre-gym
hit of virgin coconut
oil benefit you?



Repairs your muscles



Supports muscle growth

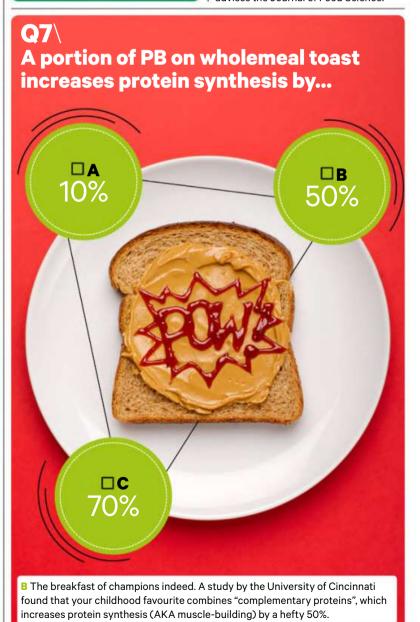


Increases strength

C A spoonful of coconut oil boosts production of rep-count-raising growth hormone for four hours after ingestion, according to the *Journal* of *Endocrinology*. Stick it in shakes to give your performance a big lift. Q6\
How does
garlic affect your libido?

- □A Enhances it
- B Weakens it
- c It doesn't

A Paris is the city of love for a reason. St Thomas Hospital found that allicin-rich garlic increases the blood flow to your genital area. Worried about your breath? Follow garlic-heavy dishes with an apple, advises the Journal of Food Science.



MENSHEALTH.CO.UK



- Reduce hair loss
- Brighten your skin
- c Clean your teeth
- B The veg's beta-carotene pigments give you a natural glow, while a study in the American Journal of Clinical Nutrition found vitamin C (spuds are full of it) reduces wrinkles. Call it the moisturiser you can make chips with.

Cranberry juice can cut your risk of heart disease. **But by how much?**







40% 20%

80%

B Not just for Christmas, this fruit lowers LDL cholesterol and makes your blood vessels more elastic. Drink three times a day for best effect. NB it can interfere with heart medication, so ask your GP.

Q10\

One of these Asian supermarket staples will keep you looking freshfaced for longer. Is it...?



Longan **B** Lychee c Rambutan

A While all are similar in taste and texture, longan is the stand-out fruit: Food and Chemical Toxicology journal found it's packed with antioxidants while just 100g provides 140% of your RDA for vitamin C. You'll live longan prosper.



What's the best porridge-topper for softer, smoother skin?







Banana

Flaxseeds

Just six weeks of flax supplementation reduces roughness, flaking and irritation, says the British Journal of Nutrition. Best taken orally, not massaged into your T-zone.



Which of these high-fat foods can actually reduce the amount you eat by up to 40%?

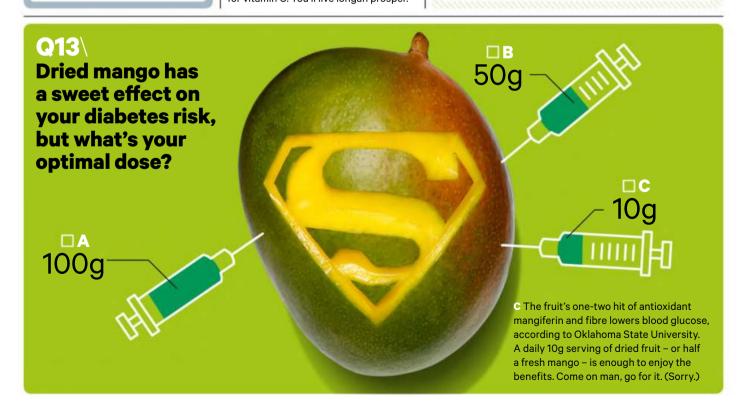
A scoop of ice cream

TR

An avocado

Cream cheese sandwiches

B A Nutrition Journal report found that these green giants of health are so satisfying that they quash your urge to snack. Protein-rich cheese is your next-best bet. We don't need to talk you through option A, do we?



172 MEN'S HEALTH



Q15\

Eating a red grapefruit every day will lower your LDL cholesterol by...

5% 15% 20%

C A grapefruit a day reduces bad LDL cholesterol by a fifth, says the Hebrew University of Jerusalem, with pinker fruits packing more heart-protective antioxidants. At just 100 calories each, you've nothing to feel bitter about.

Which of the following will help you become a dad (without the bod)?

Broccoli
Cabbage
Tomatoes

A Folate, of which broccoli is a rich

A Folate, of which broccoli is a rich source, boosts semen production, reports Fertility and Sterility. Just consider them the new oysters.

Which of these berries is best for maintaining your mental faculties as you age?

A Gooseberries

B Blueberries

C The darker the berry, the more brain-protecting phytochemicals it contains, says the Human Nutrition Research Center on Aging in Boston. Throw a few handfuls into your next shake (or fruit crumble) to concoct a colourful tonic for your grey matter.

Blackberries

Q18\

What should you order for lunch when at a mind-numbing work conference?



B The curcumin in turmeric, a mainstay of Indian cuisine, increases alertness 60 minutes after your eat it, says the *Journal of Psychopharmacology*. Skip the usual accompanying Kingfishers. Unless the boss is drinking. And paying.

How did you score?

0 - 9

nutritionally dense vegetable juice protects the brain from diseases such as Alzheimer's. While the study participants

downed three glasses, one a day will go some way. Hold

your nose and down it. You've done worse things in Ibiza.

SUPERFOOD JOKER

Think living well is hard? That's a pack of lies. Play your cards right and you can turn the dirtiest diet around – even if you loathe all that's green and leafy. Scientists at Rutgers University, for example, found three cups of tea a day can lower your risk of heart disease.

10-14

SUPERFOOD SIDEKICK

You know your onions but here's another superfood to add to your repertoire: Baylor University scientists found that kiwis are one of the most nutritionally dense fruits, bursting with antioxidants and cholesterol-lowering properties. Eat them skin-on for extra nutrients.

15+

SUPERFOOD HERO

Your superfood sense is tingling, so here's a top-up tip for you: add fresh oregano to your meals. Studies by the US Department of Agriculture found that just 1tbsp of the herb contains more antioxidants than a large apple. Which puts pizza back on the menu.



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883 POLICE

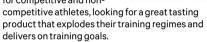
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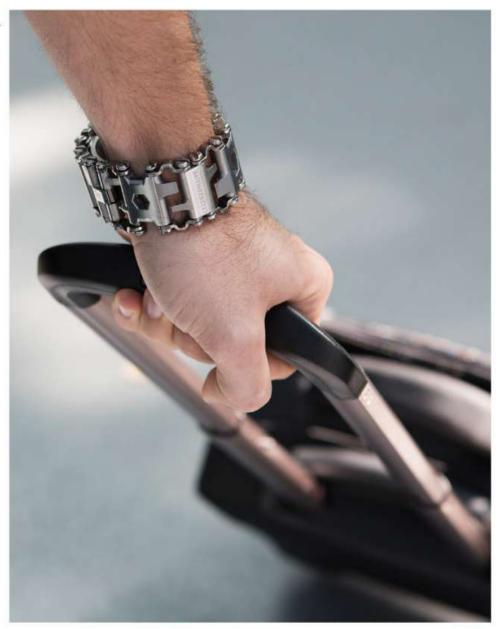
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WORDS: EMILY BADIOZZAMAN | PHOTOGRAPHY: AGATA PEC AT HEARST STUDIOS | PROP DESIGN: MARIA LO



ONE WORD ANSWER #19

HOT

QUESTION

Which common household item will turn up the heat in the bedroom?

COLD

YOUR SEX LIFE IS ABOUT TO GET THERMODYNAMIC

Thermostat

to hear that you can put uncomfortable thoughts of Christian Grey, bizarro equipment and all 50 of his shades on ice. When it comes to ratcheting up the heat at home, all you need to do is, um, ratchet up the heat.

According to the Uni of
Portsmouth, vasoconstriction
– the narrowing of blood
vessels when the body cools
– occurs faster in women
than men. Granted, if she has

ever complained of a chill while you were considering setting up the paddling pool in the front room this new scientific proof might seem superfluous. But given that over half of couples argue about the heating at home, we don't think it wanton extrapolation to figure cold feet will cause a cooling of her ardour. Thankfully, the study authors also found the ideal temperature to be 22°C – warm enough for her, but comfortable for you. So set your dial a little higher, and then watch the mercury rise.







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ZIP FASTENED POCKETS. HOOD WITH VISOR. ZIP AND VELCRO FASTENING.







TOPMAN

ON THE COVER



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STYLIST

ERIC DOWN

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MICHAEL KORS AT HARRODS,
JUMPER £200 EMPORIO
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Window shopping? We've hand-picked six smashing new fashion pieces that are expected to go nuclear over the next six months. In case of emerging scene, please break glass



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Three celestially bodied Victoria's Secret models reveal the men's fragrances that are sure to make them light up. Consider it an alternative lingerie guide



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Football has got the fashion world in motion once again as retro '90s soccer style scores big fashion points this season. They think it's all over? It's all back in now



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Get the lowdown on a quintet of up-andcoming designers before they get big. Just remember: you heard about them here first. Hopefully they will remember us, too



75

QUICK FIXES

Going shopping should be a sprint, not a marathon – especially when armed with this list of 45 on-point pieces. Get in, get these, and get back out again

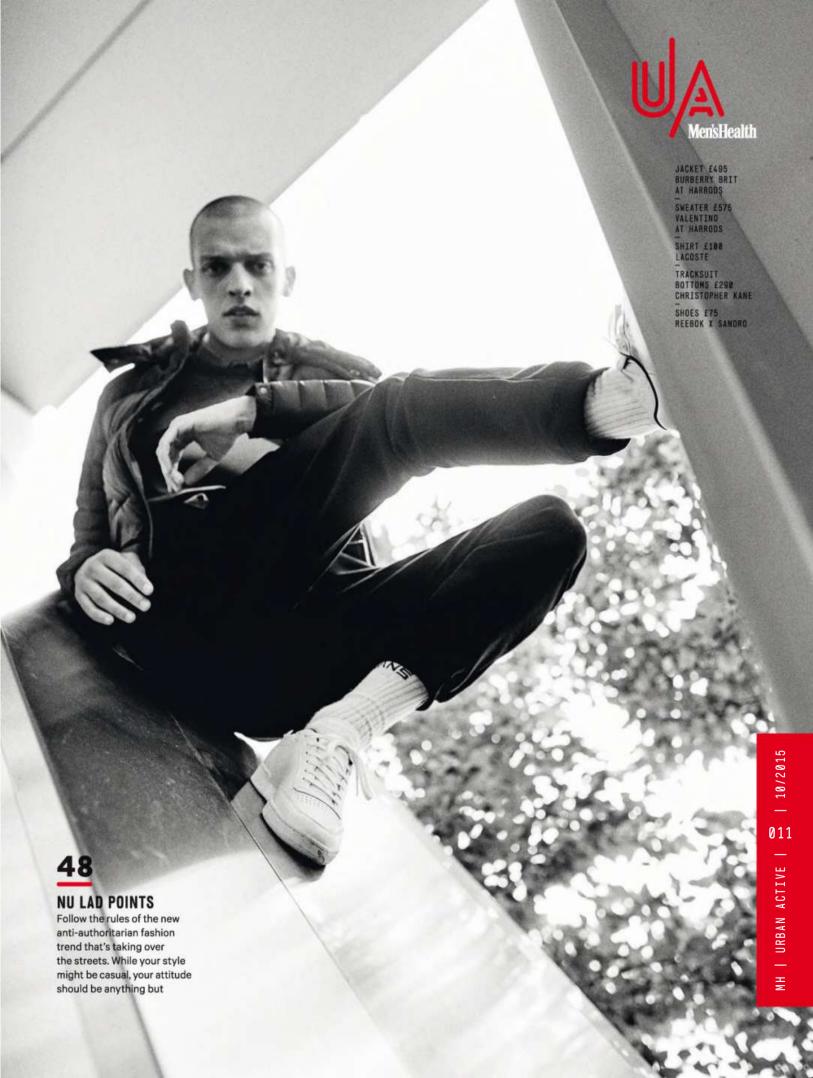


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PRISON BREAK

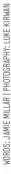
Where there's a wall, there's a wall, there's a way over it.
This great escape plan – from parkour practitioners who get paid to get out of jails – is scalable to any situation



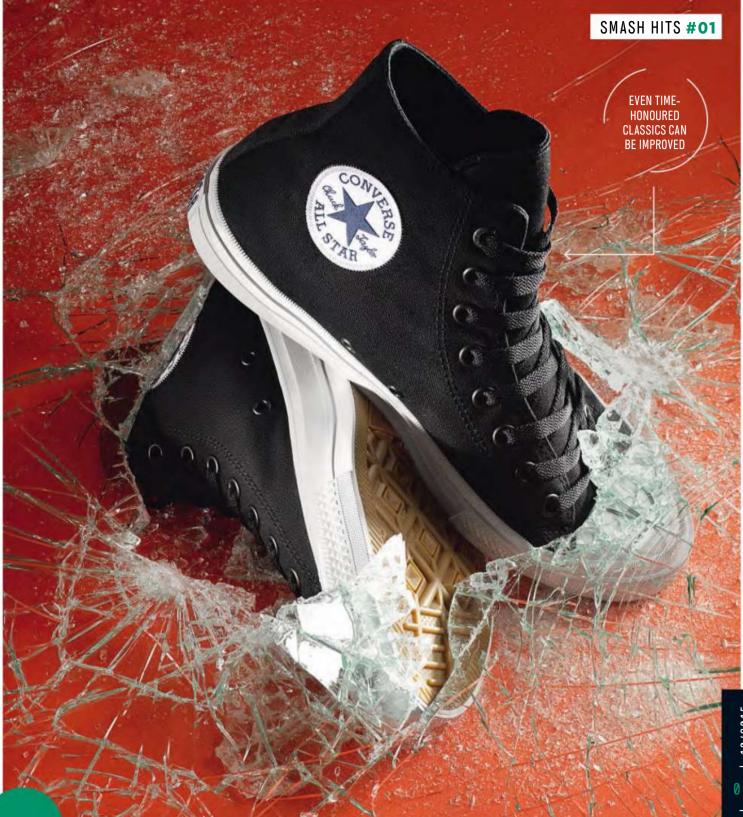










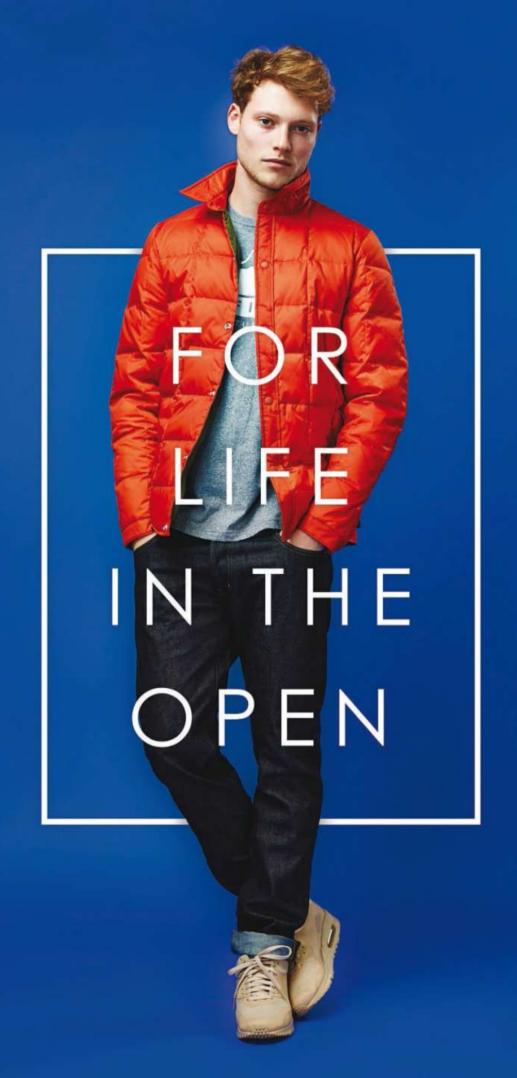


GIVE YOUR FEET STAR QUALITY

Chuck these on to stay a step ahead of Stan and co

Even in this heady era of Yeezy Boost hype-beasts, a follow-up to the first-ever endorsed, all-time bestselling trainer is a big deal. Basketballer Chuck Taylor lent his name and insight to the thencutting-edge Converse All Star in the '30s; today, it's still a go-to for many lifters. But the All Star II boasts a few more mod cons: space-age Lunarlon

cushioning (courtesy of parent company Nike), soft microsuede lining and padded tongue. Then you have subtle aesthetic tweaks – an embroidered rather than printed badge, matte eyelets – that make it more minimal and contemporary. A rare sequel that improves on the original, we're calling it the next blockbuster. £50 Converse Chuck Taylor All Star









03 HOUSE OF HOLLAND

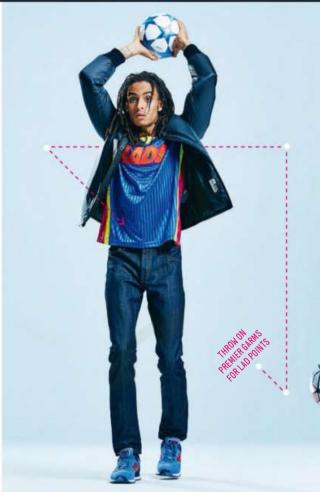
Womenswear designer Henry Holland is best known for slogan tees that are shoutier than a tribe of headhunters. This season he's changing sides, with a debut menswear collection including shirts and shorts that are emblazoned with "legend"and "lads". It's about as flamboyant (and divisive) as Ronaldo.

BOMBER £195 VICTORINOX

T-SHIRT £150 HOUSE OF HOLLAND

JEANS £130 NATURAL SELECTION

TRAINERS £70 NEW BALANCE



SIDES IN (NEW) NEW **BALANCE KITS THIS** SEASON, INCLUDING LIVERPOOL AND CELTIC

THOUSAND FACEBOOK LIKES FOR CHELSEA'S DR EVA CARNEIRO (AT THE TIME OF WRITING). GUESS MOURINHO ISN'T ONE

PERCENT INCREASE IN PREM TV MONEY NEXT SEASON, EXPECT MORE CABAYE-ESQUE COUPS

017



TAKE A BOW, SON

Three breaktout PL players to bet on, as tipped by Paul Watson*



Elliot Lee 21, West Ham

The striker spent 95min on loan at Southend last season before tearing his hamstring; his spell at Luton was more successful. Prolific for the Hatters, he's set to emulate his dad, former Hammer Rob.



Ruben Loftus-Cheek 19, Chelsea

A Blue from age 8, the midfielder made his senior debut a decade later. Should feature often, despite getting subbed off – and dressed down – by José after 28min of a pre-season friendly.



Jordan Rossiter 18, Liverpool

Described by the Reds as an authoritative central midfield presence", Rossiter scored from 30 yards on his debut. Expect him to play 10+ games. And be dubbed "The New Stevie Gerrard".

04 **UMBRO**

The veteran sportswear manufacturer is cannily capitalising on the '90s resurgence - and coming off the fashion bench - by bringing back the range as worn by New Order, John Barnes et al in 1990 under the Pro Training banner. To borrow a phrase from what is still the best football song: "When something's good, it's never gone."

JACKET £370 NATURAL SELECTION

HOODIE £60 UMBRO PRO TRAINING

POLO £45 BEN SHERMAN

JOGGING BOTTOMS £30 PUMA

SOCKS £3 TOPMAN

TRAINERS £80 LE COQ SPORTIF





PIQUADRO

ITALY

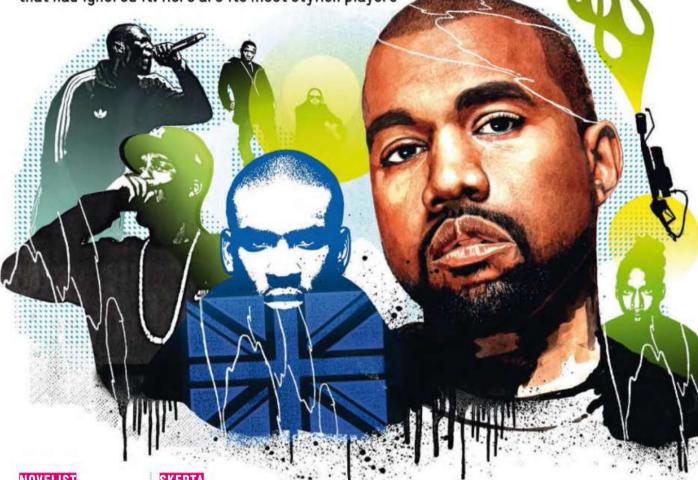
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When Kanye appeared with a posse of UK MCs at the Brits, he shoved the genre in the face of an industry that had ignored it. Here are its most stylish players



NOVELIST

With a truly extraordinary flow (check out his Toddla T 1Xtra freestyle), the teenage producer stunned at Sonar and Park Life, and his collaborations with Mumdance are pure fire. Signed to XL this year, Lewisham's self-avowed don is just getting started: "It don't stop till the casket drops," he says. Key tracks Take Time, Incredible (Toddla T freestyle), Ignorant and Wot

Fashion-forward lyric

"Blacked-out crep / Blacked-out coat / Trust that's what all the mandem own" (1 Sec)

The MC who Kanye entrusted to assemble his Brits squad has appeared on Later... With Jools Holland, caught the attention of Drake and become one of the first artists played by Zane Lowe on Apple's Beats 1 radio. Expect his album #Konnichiwa anv dav. Key tracks That's Not Me (Ratking Remix), It Ain't Safe, Nasty

Fashion-forward lyric

"Fashion Week and it's shutdown / Went to the shows sitting in the front row / In the black tracksuit and it's shutdown" (Shutdown)

KREPT & KONAN

The two were in their own lane even before receiving the rare honour (for UK rappers) of guest verses from Rick Ross and Wiz Khalifa. Their major label debut The Long Way Home was as impressive as the time when they hitched a ride on Zavn Malik's iet. Key tracks Freak of The Week (feat Jeremiah), FWTS, Last Night (feat YG)

Fashion-forward lyric

"Coz all this Armani could make your exchange / Why? When you're fly, you ain't even gotta explain" (Otis)

STORMZY

He's done with talking about Yeezus - but he's still got plenty to discuss: getting nominated for a BET Award, crushing festivals, teaming with Tinie twice and making an EastEnders-themed video for Know Me From. He can "bring the skeng" to any tune, as proved on the remix of Nick Jonas' Chainz. Key tracks Know Me From, It's Peak, Not That Deep

Fashion-forward lyric

"Where'd you get your Roley from? / I do not know this don, where do vou know me from?" (Know Me From)

JAMMER

A grime pioneer who never disappoints, whether he's checking out the Nasir Mazhar show at London Collections: Men, rhyming over I Don't Like with Boy Better Know or remixing Slaves with Mike Skinner. Plus his personalised Hovertrax board will make you rethink laughing at Segways. Key tracks Cheer Up London, Leave Me Alone Fashion-forward lyric "When I was young get Gola / I had name brands when I was on

I had to get Nike I couldn't my stroller" (I Spy)

MH | URBAN ACTIVE



MAKING THE GRADE

Founders of hot label Public School, new creative directors of DKNY, Dao-Yi Chow and Maxwell Osborne are setting the cool syllabus. Swot up with MH's report card









GEOGRAPHY

are more refined, but the

underlying grit is still there."

"New York City is the home of fashion," says Osborne, a little contentiously. "I'm not saying our city is better than any other, it's just what we feel." Although their design sensibility is unmistakably Big Apple-centric, they use Japanese and Italian fabric. and recently designed a range

of luggage and bags for Tumi - in their trademark monochrome. of course.





GRADE

PHYSICAL EDUCATION

Shadow for Coachella and

Kendrick Lamar is a pupil.

Unlike many 'sportswear' designers, Public School actually play sport: basketball, every Friday. One of their proudest achievements is seeing their Black Apple collection with the New York Knicks

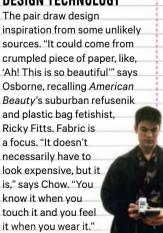
proudly on display in Madison Square Garden. ("We both shed a tear," says Osborne.) Snazzy New York Giants wide receiver Victor Cruz is also a fan.



GRADE

DESIGN TECHNOLOGY

The pair draw design inspiration from some unlikely sources. "It could come from crumpled piece of paper, like, 'Ah! This is so beautiful'" says Osborne, recalling American Beauty's suburban refusenik and plastic bag fetishist, Ricky Fitts. Fabric is a focus. "It doesn't necessarily have to look expensive, but it is," says Chow. "You know it when you touch it and you feel



PRIME NUMBER CRUNCHER

UCL maths lecturer and fitness model Pietro Boselli's Insta-fame formula



Qualifications (PhD in mechanical engineering + 2014 WBFF European Fitness Model title [tall category])

1800

Likes on a student's viral Facebook post ("That moment when you realise your lecturer is a top designer model")



(where X is the number of online articles [Guardian + Telegraph + Daily Mail + ∞])



followers (@ 🏓 pietroboselli)

GRADE



Rejoice! Victoria's Secret has a host of new Angels. Three of the divine beings reveal the fragrance that sends them into raptures

SARA SAMPAIO

📆 @sarasampaio • 1.6m followers

She says "My favourite men's fragrance is Bylgari Aqva Pour Homme because it's very crisp and masculine. Plus it contains amber, which is one of my favourite scents - it smells so manly."

We say Hitting you with orange spray, it's bracingly sea-breezy but with a subtle-yet-strong amber-woody undertow.

£47 FOR 50ML EDT



LAIS RIBEIRO

£48 FOR 50ML EDT



alaisribeiro • 441k followers

She says "I'd say Acqua Di Gio by Giorgio Armani. It always reminds me of the hot guy in the commercial. If I happen to come across somebody wearing it, I will immediately picture him as the guy in that commercial. So I'll think: hot."

We say Light, fresh and easy to wear, this fragrance has been popular with both sexes since 1996 - for good reason.

ROMEE STRIJD



🚰 @romeestrijd • 816k followers

She says "I love Paco Rabanne 1 Million because my boyfriend wore it on our first date. I remember it so well - the car smelling like his cologne when he picked me up. Paco Rabanne makes me think of old-fashioned male seduction." We say With its zesty top notes and a sweet/spicy base, this fragrance is as 'look at me' as the bottle it comes in.

£57 FOR 100ML EDT



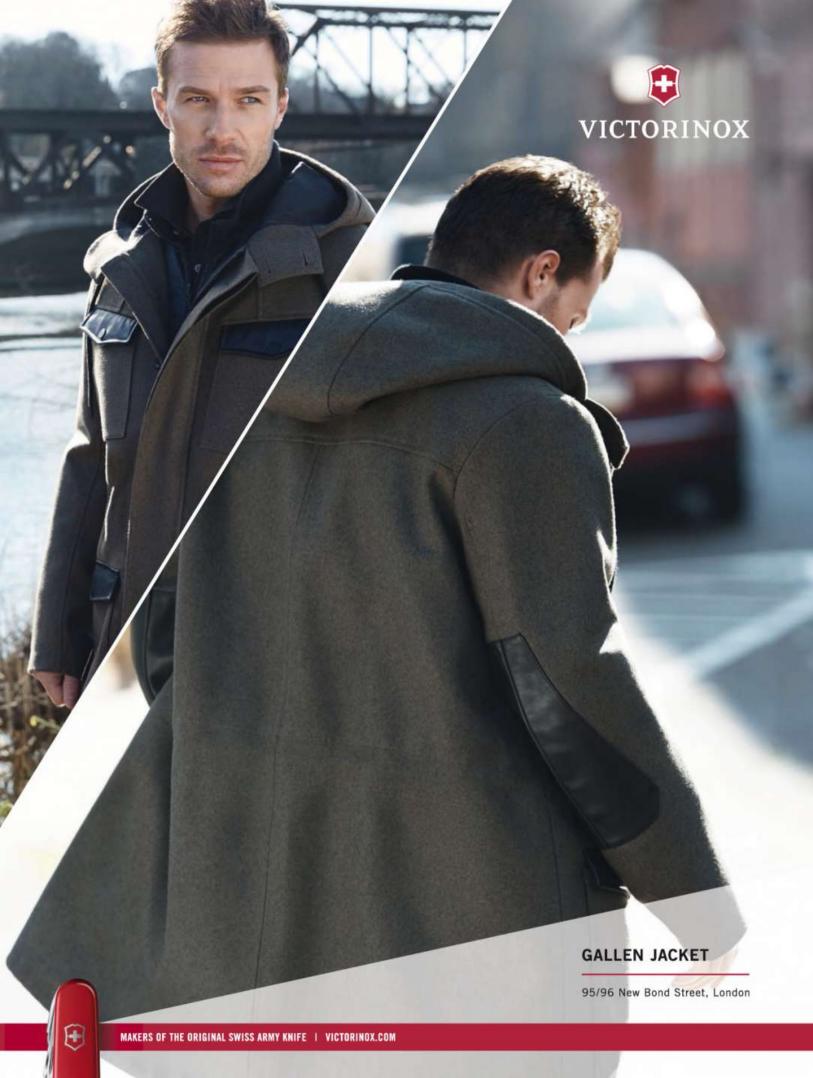
MODEL BEEF

Breakout bombshell Charlotte McKinney became "The New Kate Upton" when she followed the old one by starring in a saucy ad for US chain Carl's **Burgers. See who** won the bun fight, then YouTube both.

◐ 2.6m **Old Kate**

0 11.7m **New Kate** Upton Upton

VTERVIEWS: DELPHINE CHUI | PHOTOGRAPHY: HEARST | ILLUSTRATIONS: JÖRN KASPUHL | IMAGES: GETTY



PUT-CASH IN-THE NEXT-BANKSY

Street art can be paved with gold if you know where and how to look. Start with these expertly curated up-and-comers

treet art is edgy, easy to appreciate and, like the guy who unwittingly bought £120,000-worth of original Banksy canvasses from a New York stall for \$60 a pop said it's great when you

for \$60 a pop said, it's great when you "just need something to hang on the walls".

For the rest of us, buying street art

For the rest of us, buying street art begins online. "As with regular art, start with work you like," says curator Tina Ziegler. Street art has a particularly strong digital presence, with sites such as Banksy Forum, Artnet and Artsy. You can even contact artists directly. But if you want to make money, you'd best be sure of your eye. "The majority of street artists are very derivative," says Ralph Taylor, head of contemporary art at Bonhams auctioneers. "You need to identify the real talents."

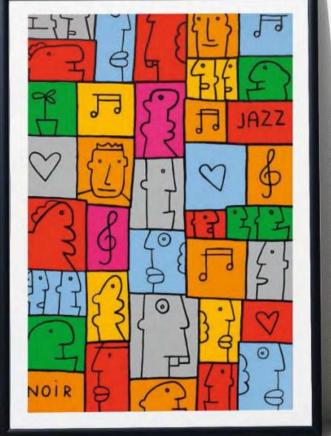
You can frequent street art fairs such as Moniker and gauge value at sites like

Urban Art Association. Or visit specialist galleries like Lazarides in London and Jonathan Levine in New York. Befriend these middle-men, says Taylor: "You get greater access, maybe a discount and offered the better work."

The likes of KAWS, D*Face and yes, Banksy, go for six figures. But expect more like £1500-£2000 for a breakout artist. Print can double in value after two years, subject to the market. Originals are, obviously, a bigger investment and potential return but, with some less technical artists, a print can have similar value, says Taylor: "Banksy works for print collectors because his stencil style is easily repeatable."

But beware street art's particular risks. No sooner do you buy into an artist than "they decide not to paint anymore," says Ziegler. "Or they get arrested."





01

02

THE COLOUR OF MONEY:
YOU DON'T NEED TO
EARN A WALL ST SALARY
TO INVEST IN ART

MORDS: COLIN CRUMMY I GREEDY WUNCH OF SAN COMPOSITION WITH RED BLUE AND YELLOW, SAN





01

£100-500

MAU MAU

His street murals are sharp

where fairy tales turn nasty

and the Queen's corgi gets

stuffed for the Jubilee. 'Get

Rich or Try Sharing' barely

minces words. It's certainly an acquired taste but "his

Banksy out of the park," says

collector Giancarlo Petrucci.

satirical humour knocks

mau-mau.co.uk

enviro-political critiques,

£200 (PRINTS) THIERRY NOIR

This French street artist isn't new; he claims to be the first to graffiti the Berlin Wall. But Noir's bold, bright murals are having a social media moment; prints from his London summer 2015 show sold out at the highly affordable price above. Is Noir set to be the new black? galerie-noir.de



£400 (ORIGINALS) CONOR HARRINGTON

This Irish artist produces politically charged, highly skilled work that looks like he's taken a spray-can to classical 19th-century portrait paintings. Artists with distinctive styles are standout buys, advises Taylor: "Steer well away from the derivative." conorharrington.com



£400 (PRINTS) ERNEST ZACHAREVIC

The Lithuanian-born, Penang-based artist and his installations-meet-murals are Petrucci's new favourite. This one cleverly gets a leg up on Mondrian. And if anyone can spot a breakout, it's Petrucci, who bought Banksy prints for £100 and sold them for £8000. ernestzacharevic.com





DOTCOM BOOM

The growth in value of the online art market. Scrolling through galleries just got much more lucrative*



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BOMBER WITH A PAYLOAD

WORDS: JAMIE MILLAR | PHOTOGRAPHY: LUKE KIRWAN

This collab elevates the classic to a higher plane

Bomber jackets have gone stratospheric in recent years. But, with a veritable squadron of them in stores, you need something impactful to stand out. Such as this new collaboration between Ben Sherman and American air force supplier Alpha Industries, whose MA1 is the alpha and omega: the original and still the best. This new recruit adds eye-catching

varsity-style contrast sleeves, lending the highly functional military and subculture staple a fashionable sports-luxe sheen. Meanwhile, the orange lining – designed for crashed pilots to alert rescuers – has been replaced by Ben Sherman's trademark gingham check. We reckon it'll attract more attention. £160 Ben Sherman x Alpha Industries





Say goodbye to open-plan hell. Today's 'nomad men' take care of business in shared spaces, from home or away. Welcome to the new workplace

Photography LUKE KIRWAN | Styling SAM BARBIC | Words MATT HAMBLY

HIROSHIMA CHAIR £1016 MARUNI | BIKE RACK (RIGHT) £169 GEARUP



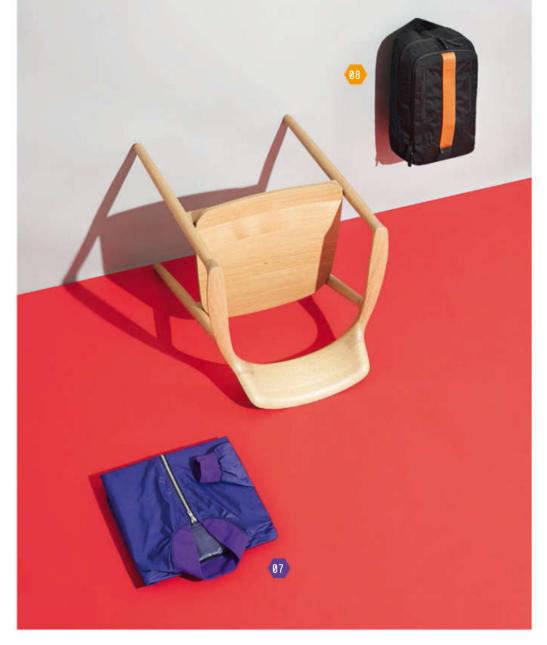
orning Pilates and meditation sessions. Aesop grooming products and fluffy towels... Food by the former head chef of Ottolenghi Notting Hill... Secret Cinema screenings... Damon Albarn concerts...

If that doesn't sound like any office you know, then you're probably not a member of Second Home in east London. For £600 a month, you get all of the above and more, along with a plexiglass-walled, yellow-floored office that feels at once open and private. That is, of course, assuming the founders including Rohan Silva, a former 'digital tsar' to 10 Downing Street - deem you worthy of one of the highly coveted slots. Lucky occupants include venture capitalists, property investors and the inevitable app developers. It's more like a member's club than a conventional workplace. "The built environment has lagged," says Silva. "There's this idea that open-plan is a proxy for creativity. While that's better than what we've had before, it's still far from ideal."

With plans for three more London locations by the end of 2015, Second Home is part of a growing trend for shared workspaces that make you actually want to come to work, and possibly never leave. In turn, they're supplying the demand of small businesses and start-ups, which are booming in number. Then there's the advent of the 'gig' economy, whereby even those of us who don't run our own company are moving toward a more entrepreneurial way of working: on a freelance, project-by-project or consultancy basis. Instead of staying in one place and climbing the corporate ladder, we're moving around.

In more ways than one: technology increasingly means that your 'office' can be anywhere there's internet, be it your spare room, a local coffee shop in cycling

DDITIONAL WORDS: JAMIE MILLAR



TOUR JACKET

By a former designer for the equally cyclepathic Paul Smith, this breathable bomber will keep you cool on the commute in more ways than one. And if you have a meeting, they also do blazers. £285 HUEZ

WET ROOM

Strategically padded to protect computer and your spine alike, this waterproof backpack has a zip-away reflective rain cover and outer key pocket, so no fumbling at the front door when you get home in the rain.

£150 RAPHA

distance, a park bench, or all of the above. Which is helpful given that, according to the Office for National Statistics, the very act of going to work gets us down: commuters are less satisfied and happy than out-of-office workers, and more miserable than each other for each extra minute they travel. But as more of us retire from the rat race, we're finding that there are even better options than working in our bedroom in our pants (although 'first home' is still a perfectly valid option).

"I think we tried the working from home thing and found that it was pretty lonesome," says Cymon Eckel, co-founder of shared workspace Forge & Co. Housed in a building that was actually originally intended to be a member's club, it lays on leather-covered desks, banana smoothies for concentrationboosting potassium hits and even its own coffee blend. "The other thing we did was not cram desks in," he adds. "People have room to breathe, and that really helps." You don't have to worry about

colleagues breaking your concentration, and when you do eventually crave human interaction, it's a networking opportunity rather than idle chitchat: "It's more like a common room than a classroom. Designers talk to recruiters; architects talk to jewellery designers. It's really collaborative."

Modish east London, home to so many tech start-ups that the area around Old Street station has been dubbed Silicon Roundabout, is leading the shared workspace trend. But the trend is spreading. Matt Cockayne set up The Assembly in Manchester at the tail end of 2013 after a bad experience renting a serviced office. "When I left, I decided to try a shared workspace. I had such a great time and found it so beneficial that I wanted to set up my own," he says. "I've worked in offices where you had to crawl out of bed and force yourself to go in. The atmosphere of a shared workspace is relaxed, pleasant and flexible."





SADDLE BLAG

steel frame boasts vibration-smoothing properties so that the rumble of traffic doesn't leave you feeling like you've done Powerplate press-ups come 9am.

£1400 CONDOR

10 GREAT SHAKES

Handmade in Italy (again), this light aluminium bike includes carbon fork to smooth those potholes on your route, and a free onehour fitting (many brands charge) to prevent problems down the road.

£1100 CONDOR



- Outside The Box

The rise of the shared workspace also coincides with a groundswell of opinion that open-plan offices are not working. Indeed, a review of 100 studies concluded that, for all their air of ideas-showering, Google Hangout innovation, open-plan offices have a detrimental effect on attention span, productivity, creativity and satisfaction. It turns out that just sticking on your headphones is not enough to drown out the constant noise and interruptions we now endure daily in the name of increased collaboration.

Maybe that's why ever more of us are electing to work from home or elsewhere: 4.2 million according to government figures, up from 3.4 million in 2005, and accounting for 13.7% of the total workforce. While it's obviously not an option for everybody, not all of these people are app developers. Even though a lot of perceptions were doubtless formed by the very public example of Yahoo! CEO Marissa Mayer, who infamously banned working from home, a Stanford University study last year found that employees who worked away from the office were happier, more productive and less likely to quit.

Just how easy is it, though, to decide that you're not coming in tomorrow?
Well, much easier as of June last year, when employment laws changed. Now, if you've been working for a company for more than 26 weeks, you can request 'flexible working' (from elsewhere, in shifts, even part time). And that request must be dealt with in a 'reasonable manner' by your employer. "You might be pleasantly surprised," says Lisa Hewitt, an HR manager for a drinks brand. "The attitude of many large companies is, 'As long as you get the work done, we don't mind where you do it.""

Before you start drafting that request, you do need a valid reason. "But that could be as simple as travel difficulties," says Hewitt. You also need a synopsis of how it will affect your team: "Will you not being there mean people can't talk to you easily? Will you be contactable via FaceTime?" Alleviate those concerns, and they won't just accede to your request, but help. "It's the company's responsibility to provide you with an ergonomic workstation, so they'd supply a desk, a chair and so on. In theory, they might even fit out a home office for you." Whether they'll let you dictate the colour scheme is another question...











BECOME A JEANETIC ENGINEER

WORDS: JAMIE MILLAR | PHOTOGRAPHY: LUKE KIRWAN

The 501 has a new lease of life. Make some room

It might seem a stretch to describe the iconic version of the epochal garment of the last century as 'breakout': Levi's 501 jeans have been so-called since the 1890s, and largely unchanged from WWII. In the meantime, competitors have multiplied like bacteria on unwashed selvedge, while chinos and sweats have worn away at denim's casualwear

pre-eminence. But with fashion and pop culture on a 1990s tip, the 501 is coming back in the shape of the new CT: tapered at the ankle for a more modern shape, but maintaining the higher waist and room for Froome thighs. After several years of slim and skinny hip-scrapers, it's a breath of fresh air. £80 Levi's

Breaking a leg (well, technically an ankle) forced schoolboy footballer turned actor Sam Claffin to make a dramatic career change. Following a string of eye-catching performances, he's now starring on the biggest stages

Photography NEIL GAVIN | Styling ERIC DOWN | Words JAMIE MILLAR





ost-apocalyptic life looks remarkably mundane to 29-year-old Sam Claflin. "I just got back from my parents' place in Norfolk," says the Brit actor. "Waking up to the bin men driving up the street kind of puts it all into perspective."

Perspective is useful when you're coming off the back of a dystopian popcultural phenomenon like *The Hunger Games*, in which Claflin plays trident-wielding tribute Finnick Odair. The final instalment – *Mockingjay Part 2* – hits cinemas in November. In case you've mistakenly written it off as *Twilight*-lite, the series of young adult novels turned film franchise combines a surprisingly sharp critique of social inequality and reality TV with surprisingly sharp weapons, as subjugated teenagers from poor districts are forced by their metropolitan overlords to fight to the death, *Battle Royale*-style, in the name of Saturday-night entertainment.

The cast is also unexpectedly heavyweight:
Jennifer Lawrence, Woody Harrelson, Philip
Seymour Hoffman... and, of course, Norfolk's own
Sam Claflin. It's fair to say he's now in a different
league. "It's been an incredible springboard for my
career," he says. "It's allowed me to walk into rooms
that I couldn't before. It's definitely opened many
doors. Many windows too." Ones presumably marked
'Hollywood leading men only'.

The Hunger Games is an omnipresent force in Hollywood these days. But when Claflin first walked into the casting room a few years ago, he didn't even know what he was auditioning for. The script for the second instalment in the trilogy in which his character was introduced bore the secretive working title Idiom rather than the actual name of Catching Fire. "I'd seen the first Hunger Games movie but I wasn't aware that it was a trilogy, or that there were books," he says. "It wasn't until I received the scenes that I had to audition with and saw there was also a character called Katniss. I'd heard that name before, so I did a Google search on 'Katniss' and 'Finnick'. I had a lot of research to do the night before..."

In the process, Claflin also learnt that he wasn't exactly the "six-foot, tanned, blonde, green-eyed god" that Finnick is described as in the books. But

BODY OF EVIDENCE

The (often shirtless) stepping stones on Claflin's path to fame



2011 PIRATES OF THE CARIBBEAN

Claflin's first big role as Philip, the missionary who falls for a mermaid – and, somewhat gratuitously, lends her his shirt.



2012 SNOW WHITE & THE HUNTSMAN

As William, Claflin vied with an axe-wielding Chris Hemsworth to win over Kristen Stewart's Joan of Arc-a-like. he didn't let that unwelcome discovery intimidate him. "I never had any doubt in my mind that I was wrong for the part," he says. "So I went in there all guns blazing, thinking, 'What have I got to lose?'"
The same self-effacing attitude was in effect when he auditioned for 2011's *Pirates of the Caribbean: On Stranger Tides*, the big-screen break that took him from small-screen obscurity: "Part of me was like, 'This is so not going to happen – as if I'm going to be in a *Pirates* movie!' I went in not expecting anything and somehow it worked out." And then some. Hey, if you're scared to shoot, you won't score.

While Google was Claflin's friend before the *Catching Fire* audition, it soon became his enemy as trenchant fans reacted less than enthusiastically to his casting. "I remember reading Sky News, thinking, 'Oh, bloody hell!" he recalls. "I couldn't avoid it." But again he turned a negative into a positive. "It could have gone two ways," he says. "It could have made me very depressed and angry. But a part of me trusted that the producers and casting director and director knew what they were doing. And I'm very determined. I knew I had a long way to go physically, but I also knew I could do it and I wanted to prove it to the doubters. It spurred me on to work harder."

For Claflin, that work started three months before filming. Although he didn't quite have to starve himself for *The Hunger Games*, his menu choices were strictly rationed. "I was in a hotel and I didn't have a kitchen," he explains. "So I just constantly ordered chicken and asparagus on room service because I was too worried about eating anything else. That and an omelette for breakfast was literally all I ate for months. It was depressing, I can't deny. But once I saw results, it inspired me to keep going."

LIQUID DIET

The food was less of a struggle for Claflin than the drink, or lack thereof. "I didn't have any alcohol for three months, which is a record for me," he says. "As an Englishman, beer is a big part of my life." But he could at least remove himself from the temptation: "Because I was filming in Atlanta and not England, I didn't have the distractions of my friends or family saying, 'Oh go on, just have one.' There's nothing worse when you're not drinking than the smiling face of your wife or best mate on the opposite side of the table." There probably are worse things than being driven to drink by delectable actress Laura Haddock (of *The Inbetweeners Movie* fame, whom he wed back in 2013 after meeting her in another audition room) but we take his point.



Hatton's Law dictates that, for every unsustainably extreme regimen, there is frequently an equal and opposite reaction. Such was the case with Claflin. "I finished filming the latest *Hunger Games* in June 2014, went straight to Glastonbury and it was all downhill from there," he admits. "I started to put on weight and didn't really realise until I got cast in a film that was starting in January this year." While *Me Before You* (out in 2016), in which he plays a recently wheelchair-bound adrenaline junkie who is assigned *Games of Thrones*' Emilia Clarke as carer, didn't exactly call for rippling abs, he needed to return to slender. Well, *eventually*: "I knew I had to lose weight in January anyway, so I thought, 'Why don't I just keep eating and drinking until then?"

Before long, Claflin found himself in a place that will feel familiar to many of us: "Waking up one morning in January when it's grey outside, not wanting to get out of bed, much less go to the gym, realising that I had a long way to go." Three stone in three months, to be precise. Like any good actor though, he soon found his motivation. "Once I started training again, and I was waking up fresh, eating well, drinking well – lots of water, which I've never been able to do – I felt so much healthier and better within myself," he says. "Plus, because I wasn't drinking as much, I had less to burn off the next day. It was a win-win. Exercise makes me feel better about myself. It aids me and it aids the camera too."

FIRM SELF-BELIEF

Increased confidence is handy given that the shirt-off shot is a nigh-on unavoidable occupational hazard for the modern box-office actor. "It's not something I'm comfortable with, but that's the industry and the world we live in," says Claflin. "And I can safely say that I'd rather cast someone with a six-pack like Zac Efron – where you know thousands of girls will go and watch him – over Sam Claflin, who has a couple of fans from Norwich, from his old school, that he's paying." There are many who would beg to differ.

Besides, athleticism is not alien to Claflin.
A talented footballer in his youth, he was enrolled in his beloved Norwich FC's school of excellence until fate intervened and he broke his ankle at age 16. Perhaps it was fate, too, or just good casting that he went on to play Duncan Edwards in *United*, the BBC series about the ill-fated Busby Babes. Or that he's been picked for the film adaptation of *The Greatest Footballer You Never Saw: The Robin Friday Story*.

If you never saw him, Friday was a maverick striker for Reading and Cardiff in the '70s. Blessed with sublime skill and cursed by substance abuse, he retired prematurely and died at just 38. "They say that if George Best was the first celebrity footballer, then Robin Friday was the first rock star," explains V



2013 THE HUNGER GAMES: CATCHING FIRE

Claflin is introduced as returning champ Finnick wearing little more than a gladiator skirt and a smile. The temperatures of certain audience members are raised.



2014 The riot club

Claflin showed his chops
– rather than simply his
pecs and abs – as critics'
pick of a pack of posh
boys behaving badly in
the 'fictional' Bullingdon
Club-esque society.

Claflin. And he won't have to worry about getting in shape: when Friday did turn up to training, he was usually drunk and occasionally carrying a swan (yes, really). "It was a different world," says Claflin. "The players didn't live on Lucozade. They were drinking cups of tea and having cigarettes at half time. The story is the opposite of how fit he was. It's how unfit he was!"

Speaking of fit, new kit is becoming a preoccupation for Claflin. As a burgeoning, photogenic actor, he often finds himself at fashion shows and shoots like this one. "I didn't have a clue about fashion growing up, although I thought I did," he says. "Now I do, but I still don't really understand it. Sometimes I look at something on a runway and think, 'Why is that fashionable?" One brand he does get in both senses is Burberry, at whose recent menswear show he sat on the front row (next to Radio 1 DJ and scenester Nick Grimshaw, who subsequently tweeted that Claflin was "the best-smelling person. If you see him in the street, give him a sniff"). "Burberry is simple, elegant and really easy," he says. "I'm still learning as I go though. There are definitely more fashionable items in my wardrobe than before. But I'm a comfort man at heart. I like jeans, a T-shirt and a pair of trainers."

For a man who professes not to be particularly fashionable, he gives remarkably good red carpet. "Usually someone tells me what to wear," he downplays. Film premieres, like borrowed clothes, don't feel entirely comfortable to him. "The nerves get the better of me and the adrenaline takes over," he says. "I'm wearing a suit and shoes that I have to give back later, and a tie up to my neck that's rubbing on my stubble, and my hair's not quite how I'd imagined, and I've got tiny bits of make-up on... It's so not me."

Perhaps the most important role that Claflin has learnt to play is that of the self-assured, successful actor. "Especially at the beginning of your career, when you walk into the waiting room, you're sweating profusely and going over your lines. You knew them last night, but why don't you know them now?" he says. "And you sit there opposite someone who's much better-looking and more suited to the part. I must have auditioned hundreds of times before I got my first job. And a part of me was saying, 'Maybe this isn't for me'."

SROOMING: EMMA WHITE TURLE USING BURBERRY AND LABEL M I PHOTOGRAPHER'S ASSISTANT; MARK SIMPSON I DIGITAL OPERATOR: CHRIS KENNEDY I STYLIST'S ASSISTANTS: RICCARDO CHIUDIONI, LAUREN MITCHELL AND HOLLY FALCUS I SHOT ON LOCATION AT THE RAGGED SCHOOL I DDITIONAL IMAGES; REX FEATURES, ALLSTAR, PLANET PHOTOS

But the other part of him won out, and eventually he secured parts, which emboldened him to bag more and bigger roles. Before you know it, you're in *Pirates of the Caribbean*, or *The Hunger Games*, or – according to rumour and IMDB – *Star Wars* spin-off *Rogue One* (although even using The Force won't make him confirm or deny as much). That's the trick with confidence: to quote noted philosopher Tupac Shakur, if you believe, you can achieve.

The Hunger Games: Mockingjay Part 2 is released nationwide on 19 November





FROM ALASKAN GLACIERS TO ITALIAN MOUNTAINS OR YOUR URBAN COMMUTE, BEAT THE WEATHER IN STYLE

ho would have thought that explorers could turn into true style icons? When battling Arctic blizzards, tough fabrics trump fashion - but with Parajumpers' iconic Gobi jacket, you can look sharp and trounce Mother Nature. Its innovative tech fabrics and extreme cold-tested insulation meet the demands of Alaska's 210th Rescue Squadron, while Italian craftsmanship, courtesy of designer Massimo Rossetti, provides an impeccable and sophisticated cut which works just as readily over a suit and tie as over salopettes. The parachute cord snap-hook neck and two-way zip ensure both a fashion-forward and functional look, so you'll impress while climbing and skiing your way up and down high peaks and while recounting your adventures back home.

Bring out your inner adventurer with real Italian flair, with Parajumpers' Masterpiece Gobi Jacket, available at Harrods. For more info visit parajumpers.it/en



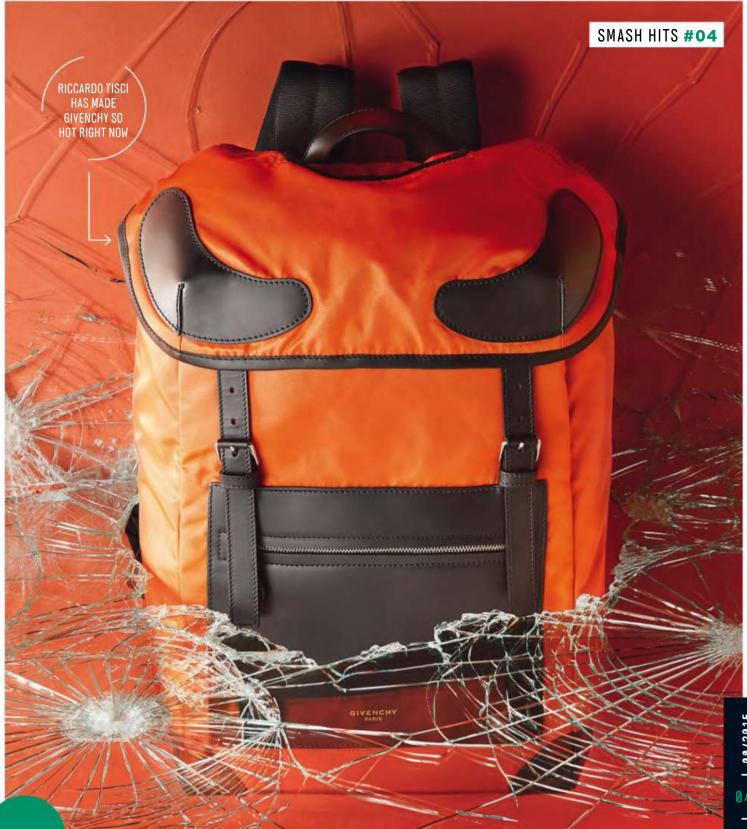
SNAP TO IT
A nod to parachute
fastenings, the snap
hook neck ensures
wind and snow always
stay outside.



D2
TECH CARE
The oversized cargo pocket can fit a transceiver or an iPad, so you can leave your bag at home.





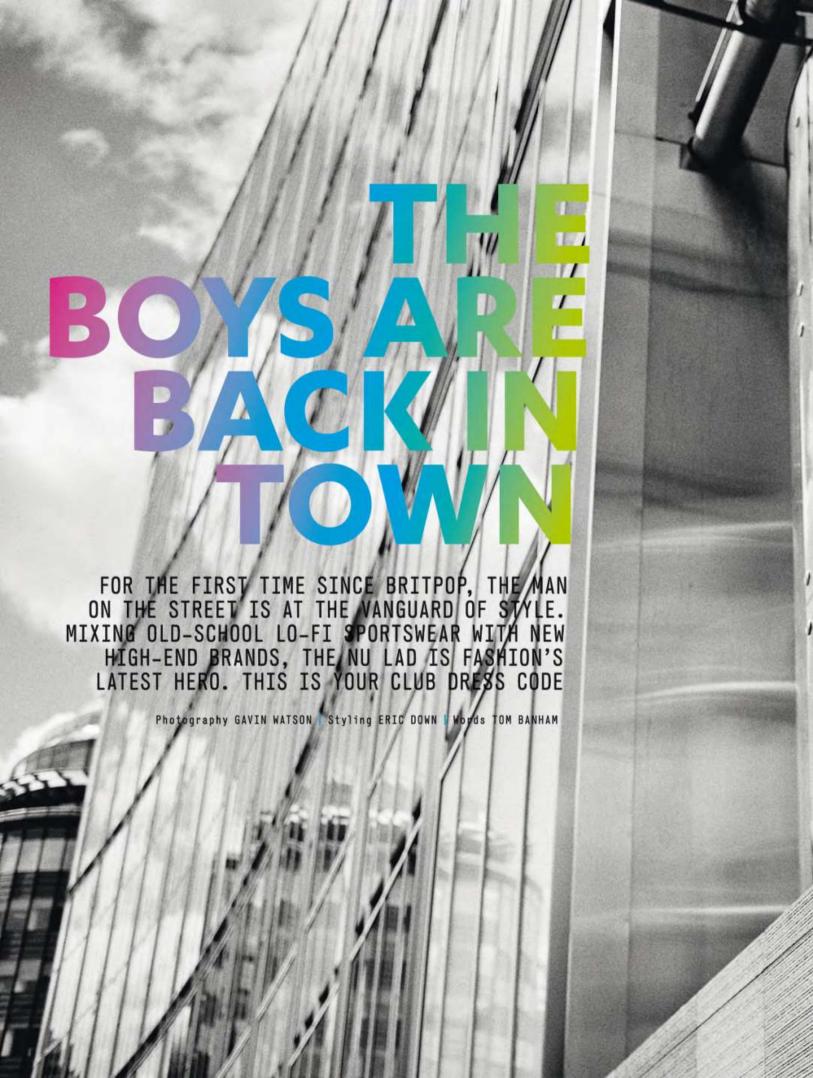


ORANGE IS THE NEW BACKPACK

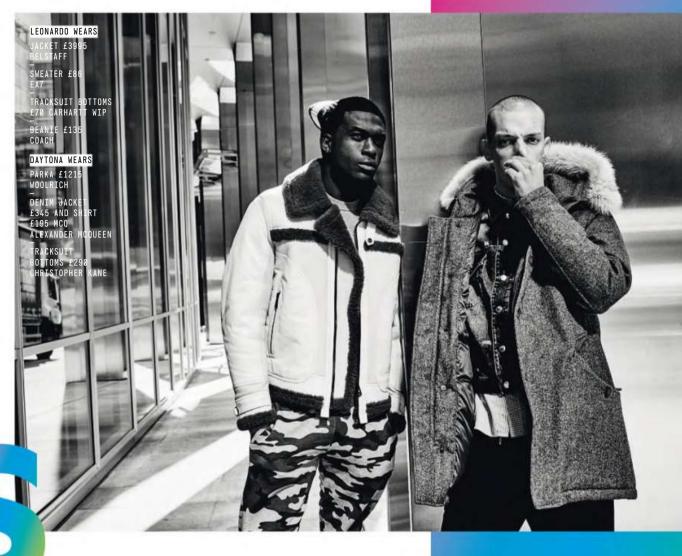
Lead the chasing packs by sacking up in a flare bag

With a warrant from hip-hop royalty, Riccardo Tisci has revamped Givenchy so drastically since taking charge of its then borderline non-existent menswear a few years back that he now sets the temperature. See his ultra-cool dark aesthetic that predominates, or his like-hotcake-selling Rottweiler tees and sweats. Busting the thermometer this

season is the Parisian house's take on the 'essential' that nearly every luxury brand is doing: the backpack. As well as being lightweight and practical, the life-vest orange nylon stands out from the sea of black versions on the market, while the leather accents make it just luxe enough. In summation, it's cool as ruck. £670 Givenchy by Riccardo Tisci







ay goodbye to flannel shirts, facial hair and flat whites: in style terms at least, the hipster is dead. Standing on his throat is the Reebok Classic-clad foot of what *The Guardian* recently dubbed the 'nu lad' – the tracksuit-wearing spawn of the football casuals, indiscriminately mixing 'affordable, nostalgic sportswear' with a 'high-fashion twist' and swilling tepid canned lager in lieu of craft beer.

Clearly there are problems with that label, not least that it's faintly risible. 'Lad' is a '90s term, weighed down by beer, boobs and banter connotations, not to mention class snobbery. But cringemaking nomenclature aside, there is indisputably A Thing happening, and it's a little more sophisticated than dressing like an extra from *This Is England*. More importantly, drinking warm, massproduced electric lemonade is thankfully not a prerequisite of looking cool. So what exactly is going on, and why?

"We're seeing so much anti-hipster at the moment, and nu lad is the antithesis," says Clare Varga, director of Active at fashion trend forecasters WGSN. "Then there's the growth of what industry types call 'athleisure', or the blurring of lines between sportswear and casualwear. And on top of that, there's clearly a big nostalgia trip going on." But although the '80s terraces and '90s rave scene are key influences (as evidenced by the rise of vintage e-tailer Wavey Garms), this is not about fancy dress: "That would make it nothing more than a pastiche."

The clue is in the rather unfortunate prefix 'nu'. Where the beard brigade harked backward, sportswear is unabashedly modern – and more exciting too, according to Daryoush Haj-Najafi, senior style editor at Complex. "This is about recognising that being modern is actually pretty awesome," he says. "People get too caught up in the working-class symbolism, but really it's just that sportswear is the best clothing there is." But in case of any lingering confusion, MH has assembled the trend's commandments. Consider this your nu lad bible.

RULE NO.

LEAVE NO STONE

ISLAND UNTURNED

Travelling football fans originally picked

Travelling football fans originally picked up on nu-ly resurgent brands such as this Italian outerwear mainstay in part because they were weatherproof. "But it was also about status, because those brands weren't widely available," says designer Lou Dalton. The nu lad has thus inherited his predecessor's predilection for the unique, "It's about wearing stuff that's hard to find," says Steve Sanderson, owner of Manchester destination store Oi Polloi. Hence the camp-out-overnight popularity of streetwear labels Palace and Supreme's limited runs. The nu lad sleeps easiest knowing that his mate won't rock up in the same thing.



MODELS: DAYTONA AT NEXT, LEONARDO TAIWO AT ESTABLISHED I GROOMING: OSCAR ALEXANDER AT ERA USING CLINIQUE AND JOICO I STYLE ASSISTANTS: RICCARDO CHIUDIONI, LAUREN MITCHELL AND HOLLY FALCUS PHOTOGRAPHER'S ASSISTANT: OLLIE GROVE I SHOT ON LOCATION AT BROADGATE, CITY OF LONDON





RULE NO. **Q**

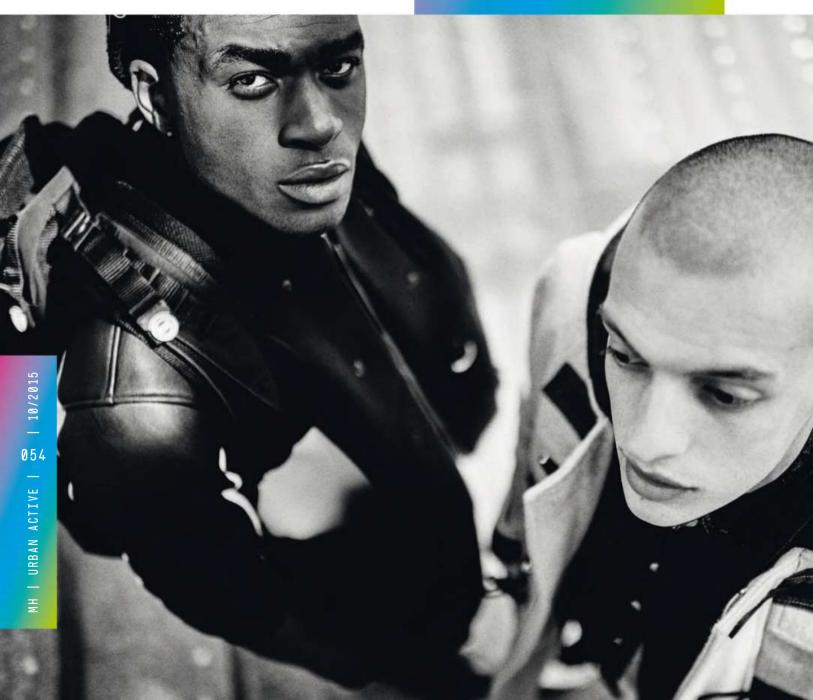
GET YOUR GEEK ON

Nu lad shares more with the trainspotter than just a fondness for anoraks. Technical fabrics are a forum to show off his knowledge, much like namechecking obscure players on what used to be Champ Man. "Sportswear makes sense to the male mind," says Haj-Najafi. "It's decorative but also functional." The new lad is well versed in the relative merits of polyester, polyamide et al, which contrast with the quotidian cotton and denim in his wardrobe and provide visual interest (as well as the more prosaic benefits of waterproofness and sweat-wicking). Then there's the bragging rights of, say, a Christopher Raeburn jacket made out of a life raft (right). Sartorial pub ammo? The nu lad is a latter-day John Rambo.

O₅

LOGO BIG OR GO HOME

The label-obsessed casuals knew there was no point splurging on a status symbol if nobody recognised it. Hence the nu lad stunts in loud-and-proud sweatshirts from shamelessly self-publicising brands as such as AMI, Givenchy and Drake's OVO Athletics. Indeed, the rapper is a nu lad style icon, repping the much coveted, double-branded Stone Island x Supreme collab, plus rocking a logo sweat and chain to Wimbledon (kudos). Designer Christopher Shannon, another nu lad proponent, made his name by brazenly emblazoning it across pieces. "Big logos are coming back," says Varga. More than one or two though, and you may logo too big. The nu lad should be mindful of not looking like an advertising hoarding.



\rightarrow

LEONARDO WEARS

JACKET £695 CHRISTOPHER RAEBURN AT HARRODS

HOODIE £130 ARMANI JEANS AT HARRODS

SHIRT £75 CARHARTT WIP

TROUSERS £295 CASELY-HAYFORD

BOOTS £160 TIMBERLAND

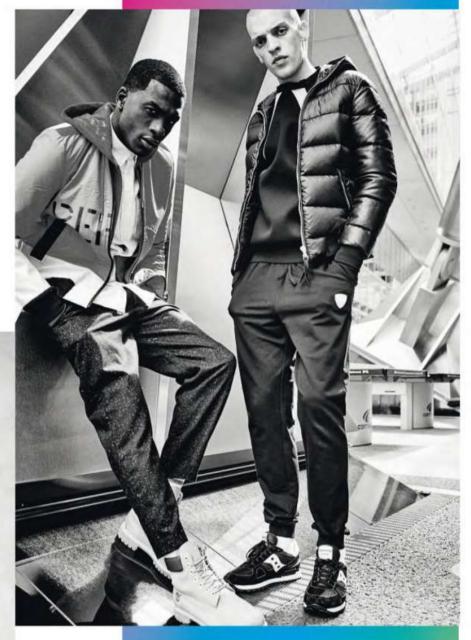
DAYTONA WEARS

JACKET £545 THE KOOPLES AT HARRODS

JUMPER £302 LES HOMMES

TRACKSUIT BOTTOMS £89 EA7

SHOES £80 SAUCONY



LEONARDO WEARS

SWEATER £420 NEIL BARRETT AT HARRODS

VEST £605 CASELY-HAYFORD

BACKPACK £535 NASIR MAZHAR

BEANIE £135 COACH

DAYTONA WEARS

COAT £2530 AND JACKET £530 DIOR HOMME

JUMPER £280 BELSTAFF



NEVER CALL YOURSELF A NU LAD

Just because a newspaper sees some men in tracksuits and gives them a name, doesn't make it apt. "Nobody under 35 knows what a casual is," says Haj-Najafi. "It's a hoary old menswear cliché, slapped on to terrify The Daily Mail." And once a trend is labelled, its obituaries soon follow. "Look at 'health goth'," says Varga. (Think Rick Owens in compression gear.) "It started out as a joke, then got jumped on and became A Thing." Pause for thought, perhaps when dropping three figures on a sweatshirt. But Varga is more optimistic about the don't-callhim-nu-lad's longevity. "Sportswear has always been a form of rebellion, so it's going to stick around." Just don't tell your mum how much that sweat cost. @









TRIGGER A CHAIN REACTION

WORDS: JAMIE MILLAR | PHOTOGRAPHY: LUKE KIRWAN

Track down the missing link between catwalk and street

The roots of the 'nu lad' trend (read more on p48) can be traced to Christopher Shannon's trademark "refined scallyism", to borrow his phrase. Over recent seasons, the blossoming Brit designer has helped make sportswear not just acceptable but also very fashionable. Happily, he's also embraced another of the biggest trends nowadays, the high

street collaboration: camp-out-overnight sensations that render the catwalk accessible to those with standards higher than their budgets. Our pick of Shannon's line for River Island – dropping this month – is this sweatshirt with embroidered neck chain. High fashion at a high street price, it'll deceive the eye in more ways than one. £45 River Island x Christopher Shannon





INEW IXIDS ONTHE BLOCK Five breakout fashion designers

go beyond their natural habitat of studio and catwalk to reveal

the sources — and places — that inspire their latest collections

hotography JONATHAN DANIEL PRYCE

Styling ERIC DOWN Words JAMIE MILLAR

ASTRID ANDERSEN*

The female Danish designer makes hyper-masculine sportswear with luxe fabrics

How would you sum up your brand? Offering comfort as a styling choice and a reference to street culture as a reflection of a generation redefining luxury and power dressing. Basically, a high-end tracksuit.

Why is The Regal basketball court special to you?

I've always been obsessed by basketball. It's the ultimate power display and I find it very sexy. Men are supposed to be sexy through attitude and movement; to me, basketball embodies both. What are you listening to? Krept & Konan's new album *The Long* Way Home and A\$AP Rocky's At. Long. Last. A\$AP, still.

What are you wearing most? My Omega watch. I wear it every day. It was my dad's and it reminds me to work hard, like he did.



HOODIE £260 AND JOGGERS £230 BOTH ASTRID ANDERSEN

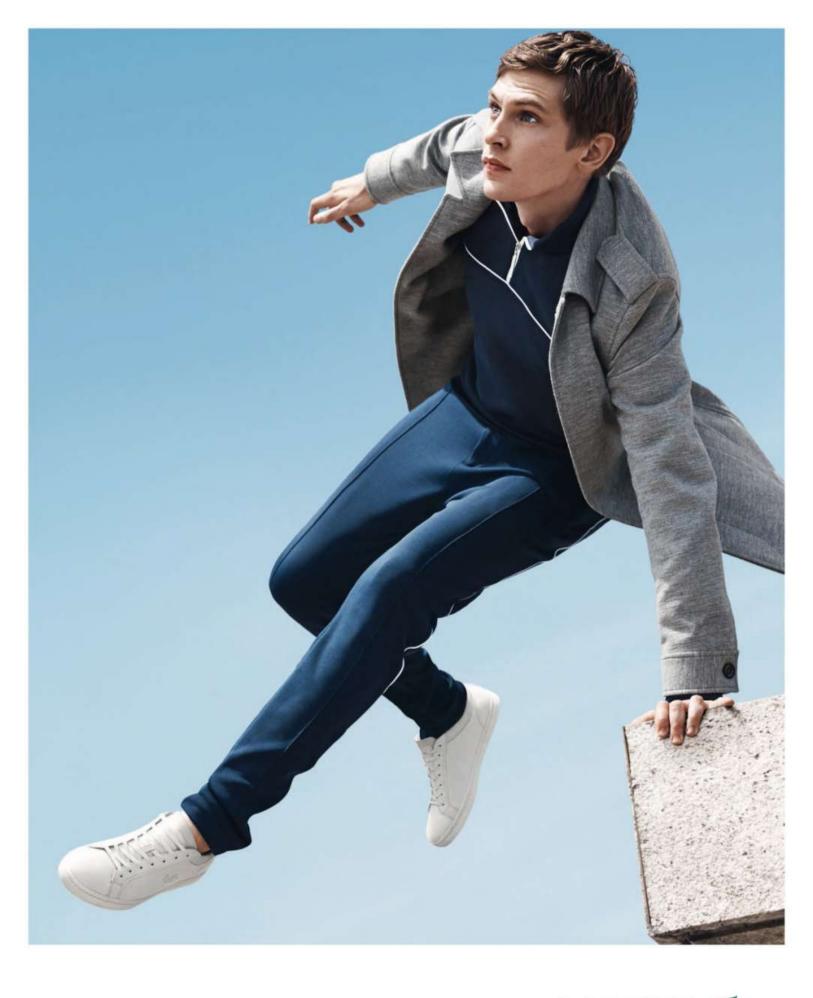
SHOES £115 NIKE

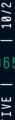


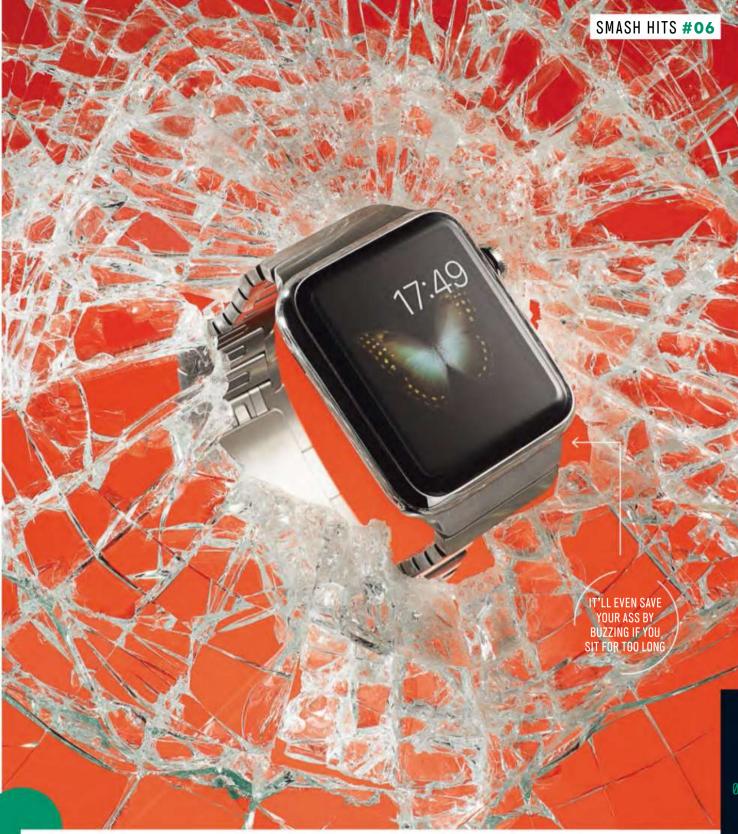


PHOTOGRAPHER'S ASSISTANT. CHRIS CHASSEAUD | STYLIST'S ASSISTANTS: RICCARDO CHIUDIONI, LAUREN MITCHELL LEFT: SHOT ON LOCATION AT THE EAST LONDON LIQUOR COMPANY, BOW WHARF, LONDON, EASTLONDONLIQUORCOMPANY.COM | RIGHT: SHOT ON LOCATION AT THORPE PARK, SURREY, THORPEPARK.COM









THE TIMES THEY ARE A-CHANGIN'

WORDS: JAMIE MILLAR | PHOTOGRAPHY: LUKE KIRWAN

Smart men are giving the smartwatch time to shine

Yes, its launch was conspicuously (deliberately) queue-less. But the Apple Watch – spotted on numerous wrists at Fashion Week – has started a quiet revolution. Talking on it admittedly makes you feel more like a dick than Dick Tracy. But displaying messages, calories burned or boarding passes is smugly pleasant. And Apple Pay is another step toward

an empty-pocketed utopia where you can track your run, listen to music then buy a coconut water unencumbered by wallet or phone. More importantly, this is the first watch smart enough to consider wearing, especially in steel (use the sports strap in the gym). Expect a bumper crop of late adopters after Christmas. £859 Apple

ASIGN OF THE TIMES

PREMIUM PRODUCTS, SUCH AS G-SHOCK, HAVE THE POWER TO GIVE YOU AN EDGE

SNAPPY DRESSER

When it comes to taking the perfect picture, photographers need both style and accuracy the Aviator Hero helps them capture the moment.

Being a photographer is about more than selecting the perfect Instagram filter. Travelling the world and going to places the standard camera-phone user cannot reach requires courage. The preparation that goes into finding one careerdefining image also takes perseverance and precision. Both of which are characteristics embodied by G-SHOCK's Aviator Hero: a watch that's trusted by pilots globally and is equipped with Twin Sensor capabilities, creating a tool that is legible, tough, accurate and reliable. As well as its undeniable style, it helps you to reach a level of performance you can be proud of. Pair it with a durable suspension jacket - the multi-pocket design and band collar with throat latch will protect your equipment to combine practicality and performance style.

GA-1100, RRP £250





THIS IS BUSINESS, MAN
Pitching the next million-pound venture
requires bravery, and the ability to stay
connected. G-SHOCK's GPS MTG will

keep you ahead of the curve.
Going from boardroom to boardroom to confront browbeating investors requires nerves of steel and accessories to match.
An entrepreneur's never-give-up attitude is embodied by the GPS MTG's Core

Guard Structure, which resists shocks, vibrations and impact for guaranteed toughness. Its ability to keep you connected at all times also helps you stay one step ahead of the competition. Finally, the combination of G-SHOCK's quality materials and opulent styling delivers the ultimate in a luxury timepiece. You'll look like a boss, even if you're not there – yet. Just make sure you've packed a premium travel suit. Anything with high-twist wool yarn will be crease-resistant, for a versatile and practical piece of tailoring.







A HISTORY OF TIME

Casio's shock-resistant G-SHOCK range is synonymous with toughness, born from the developer Mr Ibe's dream of creating a watch that never breaks. After 200 tests, the iconic G-SHOCK was first released in 1983 and described as "the toughest watch of all time". Each watch encompasses seven elements: electric shock resistance, gravity resistance, low temperature resistance, vibration resistance, water resistance, shock resistance and toughness. Since its launch, G-SHOCK has continued to evolve, and the Premium collection now uses the same high standards of engineering and rigorous testing, but has been able to successfully combine this never-give-up philosophy with the finest materials and opulent styling to deliver the ultimate in luxury timepieces.

YOUR CHANCE TO WIN A G-SHOCK WORTH £1000

We're giving you the chance to win*
G-SHOCK's stylish MTG-G1000D and the opportunity to feature in our December watch supplement, Synchronised. All you need to do is Instagram the look that helps you perform at your best. Post your shot using #GSHOCKMENSHEALTH and make sure you follow @GShock_UK and @MensHealthUK. Entries need to be submitted by 30 September 2015.

*Terms & conditions apply. For full T&Cs visit hearst.co.uk/terms-and-conditions. By entering this competition, you agree that Hearst-Rodale may use your image in our media, including online. social and in print.



All featured G-SHOCK models are available to buy at Harrods. For more information visit g-shock.co.uk

G-SHOCK

Men's Health OFFLINE SHOPPING 2500 CINE SHOPPING 25



of appliances that talk to your smartphone - and even each other - to keep your life running on autopilot. Upgrade your dumb devices and start networking today



O TOP TABLE

Despite its fidelity to vinyl, this turntable is future-proof, with digital amplification, CD-quality Bluetooth AptX and the capability to rip records to iTunes. No need to fork out for Jay-Z's Tidal then. Musical Fidelity Merlin 1£1300

2 WHITE NOISE

This toothbrush tells you which spot to clean for how long via a wireless device and app; your dentist can even programme it. It also provides weather updates and oral care tips. Like your dentist, but less awkward. Braun Oral-B Pro 6000 £230

3 BRIGHT IDEA

With "light recipes" for productivity, reading or relaxing, this portable colour-change LED lamp can wake you up less traumatically, blink to notify you of messages and dissuade opportunistic housebreakers. Philips Hue Go £80

O RAISED ALARM

Instead of shrieking, this smoke detector speaks with newsreader calm. In an emergency it can shut down your boiler and lead you out to safety with an LED. Basically, it's Kurt Russell in Backdraft.

Nest Protect £89

6 THERMO REGULATOR

This cool 'smart thermostat' learns your heating habits so you never need touch it. Plus it controls other Nest products, switching off the lights and radiators when its motion detector clocks that you've left. Nest Thermostat £249

6 CLEAN TECH

Robot vacuums have thus far only been good for cat videos. Dyson's is powerful, tank-tracked and builds a 3D map of your home so it won't get stuck (until it hits the stairs). Trigger remotely and return to a clean house. Dyson 360 Eye £750

O LITTLE BROTHER

Whether watching over the little one or your new toys, this camera will flag up changes in movement or sound. Soothe baby via the mic and speaker, plus pan or zoom to your Orwellian heart's content. Withings Home £169

18 PHAT CONTROLLER

One remote to rule them all, this recognises your hand and knows your preferences for TV, stereo and thermostat before you even press them. Stick in the docking station to charge – and stop yourself losing it. NEEO Thinking Remote £190





HYDRA ENERGETIC 24H ANTI-FATIGUE MOISTURISER

FIGHTS THE APPEARANCE OF FATIGUE

DULLNESS, DRYNESS, TIGHTNESS, ROUGHNESS, LOSS OF FIRMNESS.



Decision fatigue is frankly tiresome. So MH's style team have taken one for you by compiling a shortlist of this season's essential purchases and the best examples to choose from. The struggle just got a little less real



☐ £380 TOMMY HILFIGER AT HARRODS



☐ £569 WOOLRICH



DEGREES BELOW ZERO THAT THE ORIGINAL N-3B PARKA WAS MADE TO WITHSTAND. THE UK'S ONE YEARLY BLIZZARD WILL BE A BREEZE



☐ £550 AIGLE

☐ £1995 HARDY AMIES AT HARRODS





☐ £235 PENFIELD



☐ £750 STONE ISLAND



MH | URBAN ACTIVE | 54 | 00/2015

☐ £1250 MICHAEL KORS



UA TICKLIST



☐ £90 HUF



☐ £235 EBBETS FIELD FLANNELS



☐ £50 MAJESTIC ATHLETIC



☐ £97 STUSSY



There are now more baseball shirts in stores than in Kevin Costner's wardrobe. Batter up



☐ £60 SIK SILK





☐ £62 ROUTINE



☐ £34 AMERICAN APPAREL



□ £20 H&M



☐ £310 EDWARD CRUTCHLEY



☐ £145 YMC



☐ £295 LOEWE



☐ £495 BURBERRY PRORSUM



☐ £106 JOHN BOULTBEE



☐ £1310 GUCCI AT HARRODS



☐ £155 DUNHILL





☐ £260 DIOR HOMME



☐ £160 ALEXANDER MCQUEEN AT HARRODS



☐ £240 TOD'S



☐ £290 VALEXTRA AT HARRODS



These on-the-money wallets pay for themselves every time you have to pay for something else



☐ £40 MASSIMO DUTTI



*SPECIFICALLY, A UNIVERSITY OF HERTFORDSHIRE STUDY

☐ £60 HERSCHEL





☐ FROM £270 GIVENCHY BY RICCARDO TISCI



☐ £240 MAISON MARTIN MARGIELA AT HARRODS

YOUR PERFECT RUN





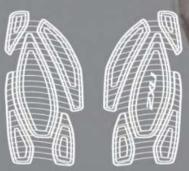


RESEARCH AND DEVELOPMENT PARTNER



RUNNING

QUADRICEP MUSCLE MAPPING TECHNOLOGY



CALF MUSCLE MAPPING

MUSCLE CONTAINMENT STAMPING

MCS (Muscle containment stamping) is a revolutionary fabric technology designed to support key muscle groups against impact and strain.

The MCS fabric support system wraps key muscles, tendons and fascia groups reducing muscle oscillation and damage and has been integrated into 2XU's powerful and supportive compression technology for your perfect run.



2XU.COM



☐ £204 CH CAROLINA HERRERA



☐ £490 TOM FORD AT HARRODS



🗖 £225 ADIDAS BY RAF SIMONS



☐ £400 JOHN LOBB



☐ £340 LANVIN AT HARRODS





☐ £495 PRADA AT HARRODS



☐ £199 DIEMME



☐ £305 ZESPA



☐ £115 WHISTLES



☐ £85 MARKS & SPENCER



☐ £285 PAUL SMITH AT HARRODS



☐ £50 RIVER ISLAND



☐ £220 CHURCH'S AT HARRODS





☐ £80 KG KURT GEIGER



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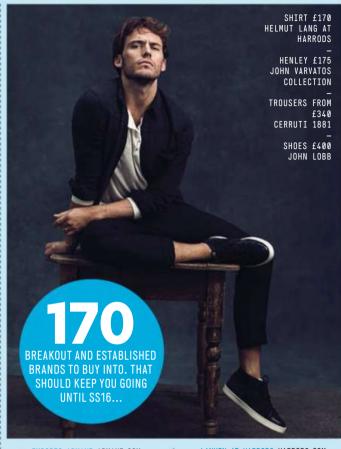
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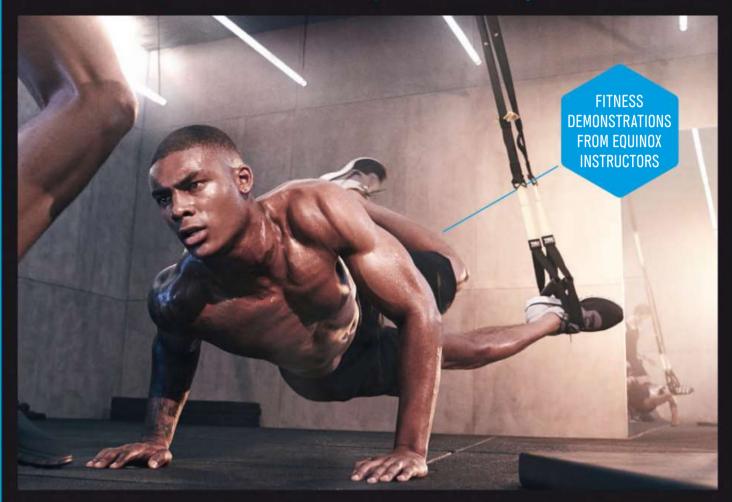
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Men's Health SPORT + FASHION ACTIVE



Get Urban Active with Men's Health and Harrods

PROVE YOUR FITNESS METTLE TO WIN THE LATEST IN SPORTS FASHION

Fancy getting hands-on with the latest sports fashion and winning one of five incredible fitness prizes? On 8 October we are celebrating the launch of *Urban Active* at Harrods. You can take part in a number of activities on the night from proving your punching prowess to win Nike PT sessions; perform pull-ups to grab Under Armour gear; battle the Adidas Climaheat chamber for kit and ice experiences; row to glory and win a Paul & Shark sailing experience; and race

Hackett's Aston Martin simulator to get a stylish Hackett outfit.

You can also preview the new season's collections, receive advice from industry experts like Equinox and be shown demonstrations from Technogym. You will then get a Harrod's and *Urban Active* goody bag*. Places are limited, so RSVP now with your full name and email address to **urbanactive@harrods.com** or register online today by going to **menshealth.co.uk/urbanactive**

THURSDAY 8 OCTOBER 6-9PM

HARRODS,
MEN'S CASUALS
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FIFTH FLOOR

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